RESOURCES

See also your local Yellow Pages under the headings below….

Please note: these resources were current and available as of the publication of this resource list and are provided for your convenience. However, we in no way endorse these groups, nor do we guarantee that contact information will remain as listed.
Whenever possible, we will attempt to update it and will offer updated information on our website.
If you know of out-of-date information from these lists, we would appreciate hearing from you.

PLEASE NOTE: in an EMERGENCY, dial 911

Click to access the page you want

	PAGE
Addiction: Alcohol and Drug and Supports	2
Addiction: Gambling and Supports	3
Counselling: Personal and Family	4
Employment and Education	6
Food Banks/Community Kitchens	7
Financial Wellness/Literacy Resources	9
Legal Aid	10
Mental Health Support	11
Seniors' Resources	13
Single Parent Support	15
Transition Housing and Support	17
Provincial Help Directory numbers	19

Addiction: Alcohol and Drug and Supports

return to top

NOVA SCOTIA

Addiction Services - 197 Dufferin St, Bridgewater ~ 902-543-7882

NS Health Authority walk-in clinic for clients or family members at 14 High St, Lunenburg, or call 902-634-8801 x1713228

Halifax area: *Central Intake 902-424-8866 or 1-866-340-6700*

NEW BRUNSWICK

List of Addiction Centers:
https://www.gnb.ca/en/topic/health-wellness/addictions-substance-abuse/addiction-services.html

Saint John: *Ridgewood Addictions Services, 416 Bay St, 506-674-4300*
Fredericton: *Horizon Health, 65 Brunswick St. 506-453-2132*
Moncton: *Horizon Health, 81 Albert St. 506-856-2444*

PEI

Health PEI: 1-888-299-8399
https://www.princeedwardisland.ca/en/information/health-pei/community-addiction-services

ALBERTA

Edmonton ~ North

Alberta Health Services Addiction & Mental Health ~ 17480 Fort Road ~ 780-342-5900

McDougall House ("bed based" treatment facility for women) 11050 108 St NW ~ 780 -426 -140 https://www.mcdougallhouse.com/

The Salvation Army ~ Edmonton Centre of Hope, 12520 140 Ave NW ~ 780.244.2962 https://www.salvationarmyedmonton.org/

Calgary

Alberta Health Services Addiction & Mental Health ~ 707 10 Avenue SW, Calgary ~ 403-367-5000

CUPS (The Calgary Urban Project Society) ~1001 10 Ave SW ~ 403-221-8780

BRITISH COLUMBIA
Public Health BC ~ 1-800-663-1441 (toll-free), 604-660-9382 (lower mainland)
https://www.healthlinkbc.ca/mental-health-and-substance-use/substance-use

First Nations and Métis KUU-US Crisis Line
Provides culturally safe help for First Nations & Indigenous people 24/7.
Phone: 1-800-588-8717 (toll-free)
Phone: 1-250-723-2040 for the youth line
Phone: 1-250-723-4050 for the adult line

Here to Help BC https://www.heretohelp.bc.ca/

Vancouver:
Vancouver Coastal Health ~ 1-866-658-1221 *https://www.vch.ca/en/health-topics/vancouver-mental-health-and-substance-user-services*

Northern BC Residents
Northern Health *https://www.northernhealth.ca/services/mental-health-substance-use/get-help-now*

Addiction: Gambling and Supports

return to top

NOVA SCOTIA
Bridgewater: *Addiction Services - 197 Dufferin Street ~ 902-543-7882*
Halifax area: *Central Intake ~ 902-424-8866 or 1-866-340-6700*

NEW BRUNSWICK
Provincial Gambling Support info:
https://www.gnb.ca/en/topic/health-wellness/addictions-substance-abuse/how-to-help.html
Help Line for Compulsive Gamblers ~ 1-800-461-1234
Saint John: *Ridgewood Addictions Services, 416 Bay St ~ 506-674-4300*
Fredericton: *Horizon Health, 65 Brunswick St. ~ 506-453-2132*
Moncton: *Horizon Health, 81 Albert St. ~ 506-856-2444*

PEI
Health PEI: 1-855-255-4255
https://www.princeedwardisland.ca/en/information/health-pei/gambling-addiction-services

ALBERTA

Brick House Recovery Centre: Edmonton ~ 780-244-2472; Calgary ~ 825-540-1038

Residential Gambling Treatment Program ~ 11333 ~ 106 St, Grand Prairie ~ 780.538.6350

Alberta Gamblers Anonymous
http://www.albertaga.ca or https://informalberta.ca/orgdetails?orgid=250
Calgary ~ 855-222-5542, Edmonton ~ 780-463-0892, Lethbridge ~ 403-331-0822

BRITISH COLUMBIA
Gambling Support BC https://www.gamblingsupportbc.ca/
Free 24/7 Support ~1-888-795-6111

Counselling: Personal and Family

return to top

GENERAL OR CANADA-WIDE:

Ask your employer about "Employment Assistance Programs" covered by your benefits.

Canadian Centre for Child Protection: www.needhelpnow.ca

Wellin5: Canada-wide online booking for video-conference counselling https://www.wellin5.com/

Our Landing Place (Queer~centered therapy) ~ 844.225.5657
https://www.ourlandingplace.com/

NOVA SCOTIA

List of counsellors: https://www.psychologytoday.com/ca/therapists/nova-scotia

Halifax area: *List of counsellors:*
https://www.psychologytoday.com/ca/therapists/family-therapy/ns/halifax

NEW BRUNSWICK

To report suspected abuse of children, youth or adults, call
1-888-99 ABUSE (888-992-2873)
List of local counsellors:
https://www.psychologytoday.com/ca/therapists/new-brunswick

Saint John: *Gentle Path Counselling, 28 Richmond St ~ 506-652-7284*
Fredericton: *Family Enrichment Centre, 356 Queen St ~ 506-458-8211*
Moncton: *List of local counsellors:*
https://www.psychologytoday.com/ca/therapists/family-counselling/nb/moncton

PEI

Family Services PEI http://fspei.ca/ 902-892-2441

ALBERTA

The Association of Counselling Therapy of Alberta
https://www.acta-alberta.ca/

Calgary

Counselling Alberta: Suite 1000, 105 – 12 Avenue SE ~ 833.827.4230
https://www.counsellingalberta.com/contact

Edmonton

Native Counselling Services of Alberta, 15548 Stony Plain Rd ~ 780.451.4002
https://www.ncsa.ca/

BRITISH COLUMBIA

Moving Forward www.movingforward.help ~ 1-877-485-5025
Offers counselling, Moving Forward with Healthy Relationships Program, Trauma Counselling.

Parent Support Services of BC (PSS) ~1-855-474-9777, www.parentsupportbc.ca
(Works with parents, grandparents & kinship caregivers to provide emotional, education, legal, and child-minding support.)

Options Community Services www.options.bc.ca Phone: 604-596-4321
Offers: Family counselling, multicultural and newcomer family support, domestic violence and sexual abuse counselling.)

Vancouver area

Family Services of Greater Vancouver https://fsgv.ca/contact-us/
Family Services offers over 50 programs, workshops, groups, and one-on-one supports for individuals, families, children, and seniors in Vancouver, Burnaby, New Westminster, Richmond and Surrey

Indigenous Services

Fraser Regional Aboriginal Friendship Centre Association (FRAFCA), Website: www.frafca.org ~ 604-595-1170

Metis Family Services, www.metisfamilyservices.ca ~ 604-584-6621
Offers Family support, Family connections and other services.

Private Counselling Benefits. First Nations Health Authority (FNHA) ~ 1-855-550-5454 ~ Offers Outreach Parenting, Mentor and Elder Support and other services.

MOSAIC (Multilingual Orientation Service Association for Immigrant Communities)
https://mosaicbc.org/our-services/children-youth-and-family-support/
One of Canada's largest settlement non-profit organizations. Newcomer services that change the lives of immigrants, refugees, and individuals from diverse backgrounds in Greater Vancouver and throughout BC.

Employment and Education

return to top

GENERAL OR CANADA-WIDE

Service Canada - Find a Service Canada office:
https://offices.service.canada.ca/en/Search

Gov't of Canada Benefits Finder
https://www.canada.ca/en/services/benefits/finder.html

Gov't of Canada Job Bank, Training, etc https://www.jobbank.gc.ca/home

Student Loans
https://www.csnpe-nslsc.canada.ca/en/home

NOVA SCOTIA

Employment NS https://novascotia.ca/employmentnovascotia/

Employment Solutions Society, Bridgewater NS ~ 902-543-2479

NEW BRUNSWICK

The Work Room Career Resource Centre: www.careersthatwork.ca

Saint John: *EI re-training, Job Bank (Social Development), 1 Agar Place ~ 1-866-441-4340*

Fredericton: *EI re-training, Job Bank (Social Development), 300 St. Mary's St ~ 506-453-2377*

Moncton: *EI re-training, Job Bank (Social* Development), 200 Champlain St ~ 506-869-6944

PEI

Provincial Employment resources
https://www.princeedwardisland.ca/en/topic/job-seekers-0

The Employment Journey on PEI https://employmentjourney.com/

ALBERTA
Employment & Training Services ~ Alberta
https://www.alberta.ca/training-and-employment-services

Career and Employment Centre
https://www.mcgcareers.com/contact/

BRITISH COLUMBIA
BC Government jobs: https://www2.gov.bc.ca/gov/content/careers-myhr/job-seekers/current-job-postings/job-application

Student Loans (BC): 1-866-345-3930 https://studentaidbc.ca

Learning Grant for Young Adults: 1-866-623-3001
https://www2.gov.bc.ca/gov/content/family-social-supports/youth-and-family-services/learning-fund-for-young-adults#apply-for-the-grant

WorkSafe BC "Plan a Career": https://www.workbc.ca/plan-career/explore-careers

Food Banks/Community Kitchens

return to top

NOVA SCOTIA
Dial 211 for Community Resources full list
Or visit https://www.feednovascotia.ca/find-food

Halifax area:
FEED NS - 213 Bedford Hwy ~ 902-457-1900
https://www.feednovascotia.ca/find-food

Salvation Army Food Bank - 2013 Gottingen St ~ 902-422-1598

NEW BRUNSWICK
List of NB member food banks:
http://www.nbafb-abanb.net/en/page.php?id=5527

Miramichi – Miramichi Community Food Bank ~ 506-622-1838

Woodstock: Volunteer Family Services ~ 506-328-4938

Saint John:

Community Food Basket, 245 Union St ~ 506-652-2707
Saint John North End Food Bank, 211 Main Street ~ 506-634-7403
Romero House (Soup Kitchen), 647 Brunswick Dr ~ 506-647-7447

Fredericton:

Greener Village Community Food Ctr – 686 Riverside Dr ~ 506-459-7461
Oromocto Food Bank – 1010 D'Amours St, Oromocto ~ 506-357-3461

Moncton:

Peter McKee Community Food Ctr – 66 Capitol Ave ~ 506-383-4281
Albert Co. Food Bank – 30 Honor House Crt, Riverview ~ 506-386-7824

PEI

PEI Association of Food Banks "The Upper Room" ~ 902-892-7092
https://www.urhm.org/

Southern Kings and Queens Food Bank ~ 902-838-3191

Salvation Army Food Banks https://pei.bridgethegapp.ca/service-directory/salvation-army-food-bank/

List of PEI food banks/kitchens:
https://pe.211.ca/food-banks-and-community-fridges

ALBERTA

Calgary

Calgary Food Bank Main Warehouse, 5000 11 Street SE ~ 403.253.2055
https://www.calgaryfoodbank.com/

Edmonton

Edmonton Food Bank 11508 120 ST NW ~ 780.425.4190
https://www.edmontonsfoodbank.com/

Redeemers Food Bank, 9624 108 Ave NW ~ 825.343.9020
https://redeemersfoodbank.ca/

BRITISH COLUMBIA

Food Banks BC https://www.foodbanksbc.com/find-a-food-bank

~ 604-498-1798 or Toll Free: 1-855-498-1798

Vancouver
Greater Vancouver Food Bank ~ 604-876-3601
https://foodbank.bc.ca/find-food/locations

Okanogan
Central Okanagan Food Bank: https://cofoodbank.com/contact-us
Kelowna ~ 250-763-7161, West Kelowna ~ 250-768-1559

Financial Wellness/Literacy Resources

return to top

GENERAL OR CANADA-WIDE:

Financial Consumer Agency of Canada
https://www.canada.ca/en/financial-consumer-agency.html

Your Money Students (resource for high school students from the Canadian Bankers Association) https://cba.ca/for-canadians/financial-literacy/your-money-students

Your Money Seniors (resource for seniors from the Cdn Bankers Association)
https://cba.ca/for-canadians/financial-literacy/your-money-seniors

Ask about free referrals for financial counselling options with your EAP (Employee Assistance Program), if applicable

Dave Ramsey, author of "The Total Money Makeover"
https://www.daveramsey.com/get-started/start

NOVA SCOTIA

Family Service Nova Scotia https://www.familyservicens.ca/financial-literacy-each-one-teach-one/

Halifax
Halifax Public Library https://halifax.bibliocommons.com/v2/events
...check under the heading Workshops or Employment & Money Matters for free workshops

NEW BRUNSWICK

Financial and Consumer Services Commission

1-866- 933-2222 www.fcnb.ca for tips and resources

PEI

Family Services PEI https://fspei.ca/fe/ 902-892-2441

ALBERTA

Calgary

Free financial coaching program
https://momentum.org/programs/financial-coaching

Edmonton

The Financial Empowerment Initiative
https://thefei.ca/programs/community-financial-literacy-2026/

BRITISH COLUMBIA

Family Services of Greater Vancouver:
https://fsgv.ca/programs/community-programs/financial-empowerment

Vancouver Public Library Financial Information:
https://www.vpl.ca/guide/financial-information

Legal Aid

return to top

NOVA SCOTIA

Public Legal Education https://www.legalinfo.org/
for full list: https://www.nslegalaid.ca/legal-aid-offices/

Amherst: 902-667-7544 55 Church St
Bridgewater: 902-543-4658 141 High Street, Ste. 202
Dartmouth: (Family) 902-420-7921 or (Criminal) ~ 902-420-8815
Liverpool: 902-354-3215 212 Main Street
New Glasgow: 902-755-7020 116 George Street
Truro: 902-893-5920 523 Prince Street, Ste 102
Yarmouth: 902-742-7827 164 Main St, Ste 204

Halifax area: (*Family) 902-420-3450 or (Adult Criminal) ~ 902-420-6583 or (Youth Criminal) ~ 902-420-6569*

NEW BRUNSWICK

Public Legal Education https://legalinfonb.ca/

Provincial Legal Aid info and locations https://legalinfonb.ca/legal-info/getting-legal-help/legal-aid-in-new-brunswick/

Bathurst: 506-546-5010
Campbellton: 506-753-6453
Miramichi: 506-622-1061
Tracadie-Sheila: 506-395-1507

Woodstock: 506-328-8127
Saint John: 506-633-6030
Fredericton: 506-444-2776
Moncton: 506-853-7300

PEI

Provincial Legal Aid lists
https://www.princeedwardisland.ca/en/information/justice-and-public-safety/legal-aid

Charlottetown: (Family) 902-368-6656 or (Criminal) 902-368-6043

Summerside: (Family) 902-888-8066 or (Criminal) 902-888-8219

Public Legal Education: https://legalinfopei.ca/

ALBERTA

Alberta Legal Aid ~ 866-845-3425, https://www.legalaid.ab.ca/
Includes education, search for a lawyer in your area, Indigenous support, youth, family and criminal legal aid, etc.

BRITISH COLUMBIA

Legal Aid BC https://info.legalaid.bc.ca
Find your local office:
https://legalaid.bc.ca/contact/call-us/local-phone-numbers
Greater Vancouver ~ 604-408-2172, Toll Free 866-577-2525

Mental Health Support

return to top

GENERAL OR CANADA-WIDE

Kids Help Phone ~ 1-800-668-6868 (24 Hr line) Canada-wide
https://kidshelpphone.ca/

*Calling or texting **988** in Canada is a new helpline for anyone who is thinking about suicide or is worried about someone they know.* https://988.ca/

NOVA SCOTIA

NS Health Authority ~ 1-888-429-8167 (24 Hr line)
https://www.novascotia.ca/government/addictions-and-mental-health

Dartmouth *Helping Tree (Capital Health):*
https://www.dartmouthlearning.net/wp-content/uploads/2013/10/dartmouth-helping-tree.pdf

Halifax area:
Mental Health Association of NS ~ 902-464-6000
https://www.mentalhealthns.ca/

Bridgewater: *Bridgewater NSHA Mental Health Clinic ~ 1-855-922-1122*
https://mha.nshealth.ca/en/clinics/dawson-centre#info

NEW BRUNSWICK

NB offices: https://www.gnb.ca/en/topic/health-wellness/mental-health/mental-centres.html
Division Office ~ 506-444-4442

NB Helping Tree (Link Program) ~ 1-800-667-5005 or dial 811
http://programmelemaillon.com/en/home/welcome

PEI

Island Helpline ~ 1-833-553-6983 (24 Hr line)
https://www.princeedwardisland.ca/en/information/health-pei/mental-health-services

List of free Walk-In Clinics:
https://www.princeedwardisland.ca/en/information/health-pei/mental-health-and-addictions-open-access-counselling

PEI Helping Tree: https://pei.cmha.ca/find-help/the-pei-helping-tree/

ALBERTA

Alberta Health Services Addiction & Mental Health | Alberta Health Services
Psychology Today list of provincial therapists
https://www.psychologytoday.com/ca/therapists/alberta

Calgary
Wood's Homes Mental Health Centre supporting children, young people, adults and families ~ 9400 48 Ave. NW Calgary ~ 403.247.6751 https://woodshomes.ca/

CMHA Calgary~ 2540 Kensington Road NW, 2nd Floor ~ 403-297-1700
https://cmha.calgary.ab.ca/find-support/

Edmonton
CMHA Edmonton ~ 10232 106 Street NW ~ 780~414~6300
https://edmonton.cmha.ca/

Mental Health Foundation ~ Room 127A, Building 9, Alberta Hospital 17480 Fort Road NW ~ 780~342~7718
https://mentalhealthfoundation.ca/resources/

BRITISH COLUMBIA
Suicide prevention hotline ~ 1-800-784-2433

Mental Health Support Line ~ 604-310-6789 OR Call or text: 988
(Phone lines are available 24 hours a day, seven days a week)
https://www.crisiscentre.bc.ca/

CMHA BC ~ 604-688-3234 or Toll-free phone: 1-800-555-8222
https://bc.cmha.ca/mental-health/mental-health-information/

Here to Help BC ~ 1-800-661-2121 (toll-free in BC) or 604-669-7600
https://www.heretohelp.bc.ca/

Child Youth & Mental Health
https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health
~ Find your local clinic
https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics#intake-clinics

BC Schizophrenia Society ~ 604-270-7841 / Toll Free: 1-888-888-0029
https://www.bcss.org

Seniors' Resources

return to top

GENERAL OR CANADA-WIDE:

Service Canada resources https://www.canada.ca/en/employment-social-development/campaigns/seniors.html

Govt of Canada: Prepare for retirement
https://www.canada.ca/en/services/life-events/retirement/prepare.html

"When you Retire" pamphlet from Canada Revenue Agency ~ 1-800-959-8281 or www.cra.gc.ca/forms

Ask your local university or community college about free or reduced-cost courses you can take

Ask your local libraries for resources and opportunities for seniors

NOVA SCOTIA

NS Dept of Seniors ~ 1-844-277-0770 https://novascotia.ca/seniors/
Look for the "Positive Aging" Directory

NS Pharmacare Program ~ 1-800-544-6191
www.novascotia.ca/seniorspharmacare

NEW BRUNSWICK

Look for the "Seniors' Guide to Services and Programs" published by the province. Seniors' Info Line ~ 1-855-550-0552

NB Drug Plan for Seniors www.gnb.ca/health ~ 1-800-332-3692

Meals on Wheels https://socialsupportsnb.ca/en/program/meals-wheels

Saint John: *Seniors' Resource Centre 39 King St. ~ 506-633-8781*
Fredericton: *Stepping Stone Senior Centre 15 Saunders St ~ 506-450-7849*
Moncton: *city resource page https://www.moncton.ca/en/my-services/seniors*

PEI

Government: https://www.princeedwardisland.ca/en/topic/seniors

Independent group offering resources: https://seniorspei.ca/

ALBERTA

Calgary
Provincial resources https://www.calgary.ca/social-services/seniors.html

Edmonton
Provincial resources
https://www.edmonton.ca/programs_services/for_seniors/support-services

Sage Seniors Association https://www.mysage.ca/publications/directory/

BRITISH COLUMBIA

Office of the Seniors Advocate Website: www.seniorsadvocatebc.ca
Phone (toll-free): 1 877 952-3181
Phone (Greater Victoria): 250 952-3181
BC Seniors' Guide
https://www2.gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc-seniors-guide-12th-edition.pdf

SAFER (Shelter Aid For Elderly Renters) ~ 604-433-1711 or 1-866-465-6873
https://www.bchousing.org/housing-assistance/rental-assistance-programs/SAFER

Single Parent Support

return to top

GENERAL OR CANADA-WIDE:

Kids Help Phone ~ 1-800-668-6868 (24 Hr line) Canada-wide
https://kidshelpphone.ca/

NOVA SCOTIA

Lunenburg: Second Story Women's Centre, 18 Dufferin St ~ 902-640-3044 https://www.secondstory.ca/

Halifax area: *YMCA/Supportive Housing for Young Mothers*
https://ywcahalifax.com/programs/supportive-housing/shym/

NEW BRUNSWICK

Childcare Assistance Program (Service NB)
https://www2.snb.ca/content/snb/en/services/services_renderer.14136.Daycare_Assistance_Program.html

Saint John:

First Steps Housing (for young (ages 16-29) pregnant and parenting women), 120 Coburg Street ~ 506-693-2229 https://www.firststepsnb.ca/

YWCA Saint John: 66 Waterloo St, Suite 100 ~ 506-642-2113

Fredericton

Family Enrichment and Counselling Service, 356 Queen St ~ 506-458-8211
https://www.familyenrichment.ca/

Moncton:

YWCA Moncton: 135 Kendra St ~ 506-855-4349
https://www.ywcamoncton.com/programs/supportive-housing

PEI

List of Family Resource Centres
https://www.princeedwardisland.ca/en/information/education-and-early-years/family-resource-centres

PEI Social Development and Housing
https://www.princeedwardisland.ca/en/service/apply-for-family-housing-online

ALBERTA

211 Alberta Parent Support Groups ~ 211
https://ab.211.ca/results/?searchLocation=Edmonton&topicPath=10&latitude=53.523636&longitude=-113.457102&agency=1

Calgary

Families Matter: https://familiesmatter.ca/
Location 1: 3404 25th Street NE ~ 403.205.5178
Location 2: 101 239 Midpark Way SE ~ 403.288.1446

Edmonton

Family Resource Centre 5606 134A Ave NW, #108 ~ 780.478.5396

BRITISH COLUMBIA

Parent Support Services Society of BC (PSS), https://parentsupportbc.ca/
(Works with parents, grandparents & kinship caregivers to provide emotional, education, legal, and child-minding support.)
https://parentsupportbc.ca/new-circles-for-fathers-and-single-parents/
~ 604-669-1616 (Office) or 1-877-345-9777 (Toll-Free)
Kinship Care Help Line
~ 604-558-4740 (Greater Vancouver), 1-855-474-9777 (Toll-Free)

Single Parent Employment Initiative:
https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/employment-planning/spei

Beedie Luminaries https://beedieluminaries.ca/spark-scholarship, ~ 604.436.7897
(Provides support for single parents pursuing post-secondary education.)

Victoria

Victoria Single Parent Resource Centre, 1-250-385-1114
https://singleparentvictoria.ca

Transition Housing and Support

return to top

***PLEASE NOTE: in an EMERGENCY, dial 911*

GENERAL OR CANADA-WIDE

Shelter Safe https://sheltersafe.ca/

Clickable map (Canda) https://sheltersafe.ca/listings/

NOVA SCOTIA

Transition House Association of NS http://thans.ca/

Halifax area:

Bryony House; Distress line ~ 902-422-7650 http://www.bryonyhouse.ca/

NEW BRUNSWICK

Directory for Victims of Violence in NB (from Crossroads for Women): https://crossroadsforwomen.ca/en/get-help/ways-to-stay-safer/new-brunswick-directory-of-services-for-victims-of-abuse

Saint John:

Hestia House (Women's/Children Shelter) ~ 506-634-7570

Outflow Men's Shelter ~ 506-658-8050

Fredericton: *Women in Transition House; 24Hr Crisis line ~ 506-459-2300*

http://www.womenintransitionhouse.ca/

Moncton: *Crossroads for Women; Crisis line 1-844-853-0811*

http://www.crossroadsforwomen.ca/

Sussex Vale Transition House ~ 506-432-6999

PEI

Anderson House; Crisis Line ~ 902-892-0960 or 1-800-240-9894

https://fvps.ca/anderson-house-housing/

PEI Family Violence Prevention Services: http://www.fvps.ca/

ALBERTA

Calgary

YWCA Transitional Housing ~ 403.263.1550
https://www.ywcalgary.ca/transitional-housing/

Calgary Dream Centre, 4510 Macleod Trail South ~ 403.243.5598
https://calgarydreamcentre.com/programs/housing-solutions/

Alpha House, 203 15 Ave SE, Calgary ~ 403.234.7388
https://alphahousecalgary.com/how-we-help/housing-program/

Edmonton

Homeward Trust Edmonton, 6th Floor, 10242 ~ 105 Street ~ 780.496.2630
https://homewardtrust.ca/

Encompass, #401, 10010~ 105 Street ~ 780.428.7590
https://www.myencompass.ca/

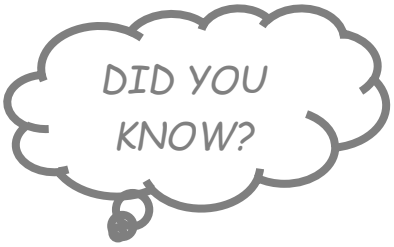
Hope Mission, 9908 106 Ave ~ 780.422.2018
https://hopemission.com/locations/edmonton/

BRITISH COLUMBIA

List of provincial Transition and Safe Homes:
https://www.bchousing.org/housing-assistance/women-fleeing-violence/transition-houses-safe-homes

return to top

Provincial Help Directories



Nova Scotia Help Numbers

211 – Information on Community Programs
311 – Municipal Services HRM
411 – Directory Services
511 – Road Conditions
611 – Local Telephone service provider for tech support or repair
711 – Bell Relay Service – assisted calling for hearing/speech impaired (connect to operator via keyboard or assistive device)
811 – non-urgent Health Care questions (registered nurse)
911 – Emergency

Community Resources: Dial 211 or visit https://ns.211.ca/

New Brunswick Help Numbers

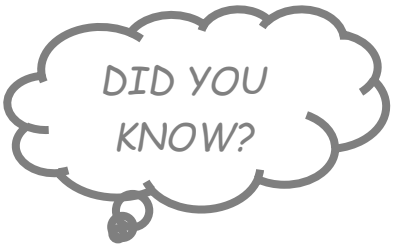
211 – Information on Community Programs
411 – Directory Services
511 – Road Conditions
611 – Local Telephone service provider for tech support or repair
711 – Bell Relay Service – assisted calling for hearing/speech impaired (connect to operator via keyboard or assistive device)
811 – Tele-Care: non-urgent Health Care questions (registered nurse)
911 – Emergency

Community Resources: Dial **1.877.322.4636 or 211** or visit http://www.nb.211.ca/

PEI Help Numbers

211 – Information on Community Programs
411 – Directory Services
511 – Road Conditions
611 – Local Telephone service provider for tech support or repair
711 – Bell Relay Service – assisted calling for hearing/speech impaired (connect to operator via keyboard or assistive device)
811 – Tele-Care: non-urgent Health Care questions (registered nurse)
911 - Emergency

Community Resources: Dial 211 or visit
https://www.princeedwardisland.ca/en/topic/community-services



Alberta Help Numbers

211 – Information on Community Programs
311 – Municipal Services (in major cities)
411 – Directory Services
511 – Road Conditions
611 – Local Telephone service provider for tech support or repair
711 – Bell Relay Service – assisted calling for hearing/speech impaired (connect to operator via keyboard or assistive device)
811 – Health Link line for non-urgent health advice
911 – Emergency

Community Resources: Dial 211 or visit https://ab.211.ca/

British Columbia Help Numbers

211 – Information on Community Programs
311 – Municipal Services (in major cities)
411 – Directory Services
511 – Road Conditions (some phone providers only) or https://drivebc.ca/
611 – Local Telephone service provider for tech support or repair
711 – Bell Relay Service – assisted calling for hearing/speech impaired (connect to operator via keyboard or assistive device)
811 – Health Link line for non-urgent health advice
911 – Emergency

Community Resources: Dial **or 211** or visit https://bc.211.ca/

return to top