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GENERAL ASSISTANCE

Non-Emergency Police

780.423.4567

Non-Emergency Fire

780.442.5445

City of Edmonton

311

Seniors Information Phone Line

211

Edmonton Emergency Relief Services Society

10255 104 St. NW T5J 1B1

Phone 780.428.4422

Contact: Cindi Hache

www.eerss.ca

Hours of Operation:

(Winter/Fall) Mon-Fri 9am-3pm

(Spring/Summer) Tues-Sat 9am-3pm

- Provides material relief for victims of fire or disaster.
- Operates a thrift store that offers new and used items at very low cost. Prices tailored to fit most budgets.
- Offers free coats and blankets during winter months.

Government Listings, Government of Alberta

Call toll-free. Dial 310-0000.

For toll free access to any provincial government office, dial 310.0000 from anywhere in Alberta, followed by the area code and phone number of the office you wish to reach, or stay on the line to be directed to the department you wish to speak to.

Outside Alberta, call long distance 780.427.2711.

Deaf/hearing impaired callers with a TDD/TTY, call 780.427.9999 in Edmonton or 1.800.232.7215 throughout Alberta.

The Canadian Anti-Fraud Centre

(mass marketing fraud and ID fraud complaints)

Toll Free Phone: 1.888.495.8501

Call centre reporting hours: 9am-4:45pm

Report an incident online:

www.antifraudcentre.ca

Free Hot Meals

211 Year Round Meals List

Phone: Dial 2-1-1. If 211 is not yet available in your area,

call 780.482.INFO (4636)

www.edmonton.cmha.ca/211

Central

Bent Arrow Traditional Healing Society

Parkdale School, 11648 85 St.

Phone: 780.481.3451

- Last Friday of the month
- Soup and Bannock 12pm-1pm
11666 95 St.

Phone: 780.474.2400

- 2nd Friday of the month
- Soup and Bannock 12pm-1pm

Both locations: June meal offered on National Aboriginal Day on June 21.

Closed June, July, August, December

Bissell Centre

East Building: 10527 96 St.

Phone: 780.423.2285

- Women and Children's Lunch
- Tues & Thurs 12pm-12:30pm
- Except the last week of each month and statutory holidays.

West Building: 10530 96 St.

Phone: 780.423.2285

- Mon-Fri Hot Meal 10am,
- Saturday Snack 2pm
- Closed statutory holidays.

Boyle McCauley Health Centre

10628 96 St.

Phone: 780.422.7333

- Women's Health Promotion Clinic: health info session with nutritious meal
- Thursday Info Session 5pm, Meal 6pm, except the last Thursday of each month and statutory holidays
- Doors are locked at 5pm
- Women only (low income, inner city)

Boyle Street Community Services

10116 105 Ave

Phone: 780.424.4106 Ext. 266

- May 1 to Nov 1: Mon-Fri Lunch 11:30am
- Nov 1 to Apr 30: Daily Breakfast 7:30am, Lunch 11:30am
- All meals are served until the food is gone
- Closed statutory holidays.

Crystal Kids (55+ years only meal)

8718 118 Ave

Phone: 780.479.5283

- Seniors Drop-in with Meal
- Wednesday 11:30am-12:45pm
- July and August: Wed 10:30am-11:45am

Hope Mission

9908 106 Ave.

Phone: 780.422.2018

Email: reception@hopemission.com

- Mon-Fri: Breakfast 8am-8:45am, Lunch 12pm-12:45pm, Supper 5pm-5:45pm
- Weekends and Holidays: Brunch 10:45am-11:30am, Supper 4:30pm-5:15pm

Inner City Pastoral Ministry

Bissell Center West 10530 96 St.

Phone: 780.424.7652

- Sunday 12pm-1pm Sandwiches and Snacks
- Worship service at 11am, food is served after. Not required to attend.
- Open on holidays.

Marian Centre

10528 98 St.

Phone: 780.424.3544

- Mon, Tues, Thurs, Sat: Hot Lunch 12:30pm-1:15pm
- Daily except Wed/Sun: Sandwiches (pick up from alley door) 2pm-3pm
Closed in September. Open statutory holidays. Does not serve food during the last few days of the month.

The Mustard Seed

10635 96 St. NW

Phone: 780.426.5600

Email: infoedmonton@theseed.ca

- Supper: Mon-Fri 7pm-8pm, Sat 5pm-6pm
- Zero tolerance for drugs and alcohol.
- Closed statutory holidays.

Operation Friendship Seniors Society & McCauley Seniors' Drop-in Centre

9526 106 Ave

Phone: 780.429.2626

- Mon-Fri Breakfast 9:30am
- Daily: Lunch 12pm (Friday 12:30pm), Supper 5pm
- 55+ years only.

Salvation Army

Addiction and Residential Centre (ARC)
9611 102 Ave

Phone: 780.429.4274 ext. 226

- Soup Line: Wed 3pm-4pm

Community and Family Services

9620 101A Ave

Phone: 780.424.9222

Closed statutory holidays.

- Fri: Breakfast 7:30am-8am
- Fri: Lunch 12pm-2pm
- Thurs: Fellowship & Sandwiches and Snacks 12pm-2:30pm

St. Faith's Anglican Church

11725 93 Street

Phone: 780.477.5931

- Breakfast: Saturday 8:30am-9:30am
- Lunch: Thursday 11am-2pm
- Supper: Friday 5pm-6pm

**St. Peter's Lutheran Church
(The Rock Society)**

11004 96 St.

Phone: 780.426.1122

- Tues, Wed, Thurs Breakfast 7am-9am
- Targeted to homeless in the inner city.

North East

**Building Hope Compassionate Ministry
Centre**

Basement, 3831 116 Ave

Phone: 780.479.4504

- Mon-Wed: Breakfast 9am-11:30am,
Lunch 12pm-2pm

CANDORA Society of Edmonton

Abbottsfield Recreation Centre

3010 119 Ave

Phone: 780.474.5011

- Community Lunch Thurs 11:45am-12:45pm
- Northeast Edmonton residents.

Living Hope Christian Fellowship

3831 116 Ave

Phone: 780.479.1973

- Full Course Meal Thurs 5pm-6:30pm
- Gives away extra food after meal
- Closed from the last Thursday in May to the first Thursday of October
- Zero tolerance for drugs and alcohol.

North Central

Dickinsfield Amity House

9213 146 Ave. NW T5E 2J9

Phone: 780.478.5022

Email: info@amityhouse.ca

- Community Lunch: 1st & 3rd Wed each month 11:30am-12:30pm
- Snack: Mon-Fri 8:30am-4pm

Londonderry Community League Hall

14224 74 St.

Phone: 780.412.1062

Community Lunch: 2nd Friday of each month 11:30am-12:30pm

South Central

Trinity Lutheran Church/B's Diner

10014 81 Ave

Phone: 780.433.1604

- October to June, 1st & 3rd Tues each month
- Supper 6pm-8pm, limited food hampers may be available based on need

West

Christian Care Centre

10137 150 St.

Phone: 780.484.5847

Email: jphawc@shaw.ca

- Mon-Fri 9:30am-12pm
- Coffee, breakfast food, snacks

Jasper Place Wellness Centre

15210 Stony Plain Rd. NW T5P 3Y5

Phone: 780.481.4001

- Mon-Wed: Lunch, 12pm-1pm
- No meals on Wednesdays in July and August.
- Closed statutory holidays.
- Targeted to low income and homeless individuals.

West Central

Christ Church (Anglican)

12116 102 Ave

Phone: 780.488.1118

- Dinner 5pm, 3rd Sat of the month, 2nd Sat in December
- Closed July and August

Edmonton Native Healing Centre

101-11813 123 St

Phone: 780.482.5522

- Milk and Sandwiches: Mon 11:30am-12:30pm
- Soup and Bannock Lunch: Wed 12pm-12:45pm.

Robertson-Wesley United Church

10209 123 St.

Phone: 780.482.1587

- Community Dinner: 5pm-6pm, 2nd Sat of the month (except in December)
- Magic Pantry: Mon-Wed 12pm-1pm, pick up container of food and juice

Canadian Mental Health Association – Edmonton Region

Phone: 780.414.6300

Contact: Office Administrator

Email: main@cmha-edmonton.ab.ca

www.edmonton.cmha.ca

Office hours: Mon-Fri 8:30am-4:30pm

211 Alberta – Edmonton and Area, Community Information and Referral

Phone: 211

Email: info@ab.211.ca

www.ab.211.ca

Provides information and referrals to seniors living in Edmonton, Parkland County and Leduc County.

Live, online chat available 12pm-8pm daily at www.ab.211.ca

Outside of these areas call:

780.482.INFO (4636)

TTY access: 780.482.7273

24-Hour Distress Line 780.482.HELP (4357)

Provides free, confidential listening and support for those in crisis or distress.

Available 24-hours, seven days a week.

Online Crisis Support

edmonton.cmha.ca/programs_services/online-crisis-chat/

Provides free, confidential, short-term crisis support service through live Crisis Chat.

Animal Care & Control Centre (Edmonton City Pound)

13550 163 St. NW

Phone: 311

Outside Edmonton: 780.442.5311

Email: 311@edmonton.ca

Hours of Operation:

Mon-Fri 8:30am-6pm, Sat 9:30am-5pm,

Sun 11am-5pm, Closed on Holidays. To

reclaim your lost pet, please arrive no

later than 5:30pm (4:30pm on weekends)

to allow us enough time to process your

pet's release before closing.

- Adoption, licensing, stray animal care, and enforcement services.

Edmonton Humane Society

13620 163 St. NW T5V 0B2

Phone: 780.471.1774

Animal Protection: 780.491.3517

Email: ehs@edmontonhumanesociety.com

www.edmontonhumanesociety.com

Emergency Animal Hospitals

South:

Guardian Veterinary Centre

Specialty & Emergency Pet Care

5620 99 St. NW T6E 1V2

Phone: 780.436.5880

www.guardianvetcentre.com

Open 24 hours

North:

VetEmerg North Edmonton

Emergency Veterinary Hospital

12831 97 St NW T5E 4C2

Phone: 780.423.9111

www.vetemerg.com

Open 24 hours

Fire Prevention

Edmonton Fire Rescue Services

City of Edmonton

Office Address: 10425 106 Ave NW

Phone: 780.496.3628

Email:

publicsafetyandeducation@edmonton.ca

www.edmonton.ca/fireprevention

Hours of Operation: Mon-Fri, 8am-5pm

- Fire Prevention's Public Education Section offers fire safety lectures and presentations to seniors' groups upon request. There is no fee for this service.
- Contact the Fire Prevention office for any information you require about fire prevention and safety.
- Visit our website and follow the links: For Residents > Emergency Services > Public Safety & Education.

NEED HELP?

We're here to support seniors.

At Sage, we believe that all of us - regardless of age - have strengths, abilities, and gifts to share.

Through more than 100 programs and services, we work with seniors to meet both of these equally important aspects of aging: increasing resilience and reducing vulnerability when needed, and inspiring seniors to continue to build and enrich our communities.

www.MySage.ca 780.423.5510



ENVIRONMENTAL / HOUSEHOLD CRISIS

Environment Emergency Complaint

1.800.222.6514

To report a wildfire: 310-FIRE (3473)

Alberta One Call (Buried Cables)

1.800.242.3447

www.albertaonecall.com

Bell/TELUS Repair/Telephone Trouble 611

Drainage Trouble

Within City of Edmonton 311

Gas Emergency (ATCO)

Edmonton and Area: 780.420.5585

All other areas: or 1.800.511.3447

Workplace Accidents

(Fatality/Serious Injury reporting)

Occupational Health & Safety Contact
Centre

Edmonton and area 780.415.8690

Toll-free within Alberta 1.866.415.8690

Deaf/hard of hearing with TDD/TTY:

In Edmonton 780.427.9999

Toll-free within Alberta 1.800.232.7215

Power Trouble

EPCOR 24 hour emergencies 780.412.4500

Roadway Maintenance 311

Water Trouble

EPCOR 24 hour emergencies
780.412.6800

DISASTER & EMERGENCY RELIEF

Canadian Red Cross

Phone: 780.423.2680

If you have been affected by a personal disaster, such as a house fire, please call: 1.888.800.6493

www.redcross.ca

- The Canadian Red Cross assists families and individuals who have been affected by disaster. Assistance is available for the first 72 hours after a disaster.
- The Canadian Red Cross provides shelter, food, clothing, and essential supplies.

Disaster Preparedness Program

- Red Cross advises all Canadians to be prepared and expect the unexpected. You should be prepared to take care of yourself for a minimum of 72 hours after a disaster. We advise you to: Know the risks, make a plan and have an emergency kit.
- We offer education and information sessions on emergency preparedness.