



YOUTH DIRECTORY





CONTENTS

- 5** 24 HOUR NUMBERS
- 10** COMMUNITY SUPPORTS
- 15** HOUSING / SHELTERS
(EDMONTON)
- 18** CLOTHING
- 20** FOOD
- 21** TRANSPORTATION
- 22** LGBTQ2S+ SUPPORTS
- 23** CHURCH YOUTH GROUPS
- 24** RECREATION & LEISURE
- 26** HEALTH & MENTAL HEALTH
- 32** EDUCATION
- 33** EMPLOYMENT & TRAINING

24 HOUR NUMBERS

- **911**

Call 911 if you are in imminent danger or if there is an emergency and you need help.

- **211 INFORMATION AND REFERRAL SERVICE**

Sometimes, it's hard to know where to start looking for the help you need, or even what resources are available. A trained 211 specialist will help you find information, explain your options, and refer you to the supports that will help you best.

www.211.ca | 211

- **DISTRESS LINE**

Provides confidential, non-judgmental and short-term crisis intervention, emotional support and resources to people in crisis or distress. We also support family, friends and caregivers of people in crisis.

780-482-HELP (4357)

- **ADDICTION HELPLINE**

The Addiction Helpline is a toll-free, confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services for people of all ages.

1-866-332-2322

- **BULLYING HELPLINE**

If you're a victim of bullying or abuse, please call or chat online with a specialist at <http://www.humanservices.alberta.ca/abuse-bullying/bullying-get-help.html>

1-888-456-2323

- **CHILD ABUSE HOTLINE**

To report a concern if you believe that a child's survival, security or development is at risk. Speak directly with a caseworker.

1-800-387-5437

- **FAMILY VIOLENCE INFORMATION LINE**

Provides information about family violence programs and services, as well as advice and support.

780-310-1818

- **HEALTH LINK**

Get quick and easy health advice from a registered nurse.

811

- **KIDS HELP PHONE**

Offers professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

Online live chat: **www.kidshelpphone.ca**

Connect directly with a Kids Help Phone counsellor five days a week on the

Always There App

1-800-668-6868

- **POISON & DRUG INFORMATION SERVICE**

Free, confidential, 24/7 expertise and advice about poisons, chemicals, medications, and herbals.

1-800-332-1414

- **SEXUAL ASSAULT CENTRE OF EDMONTON (SACE), SUPPORT & INFORMATION LINE**

Available for anyone who has experienced sexual assault or abuse, as well as to those who are supporting anyone impacted by it.

www.sace.ca | 780-423-4121

- **FIRST NATIONS & INUIT HOPE FOR WELLNESS**

If you're experiencing emotional distress and want to talk. Services available in English, French, Cree, Ojibway, and Inuktitut. Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada.

Online chat: **www.hopeforwellness.ca**
1-855-242-3310

- **STI/HIV INFORMATION LINE – ALBERTA**

If you have questions about STIs or HIV/AIDS, think you may be infected, or would like to find out how to arrange for testing in your community, please contact us.

1-800-772-2437

- **THE OPEN DOOR – 24 HOUR EMERGENCY HELPLINE**

Call if you need someone to talk to, or for referrals and access to community services. Outreach Helpline 24/7 (call or text):

780-679-HELP (4357)



COMMUNITY SUPPORTS

- **FAMILY & COMMUNITY SUPPORT SERVICES (CITY OF LEDUC)
YOUTH OUTREACH WORKER**

Provides support to youth ages 12-19 by working with them one-on-one to increase their assets and connection to the community.

**www.leduc.ca/youth
780-980-7109**

- **ALBERTA CHILDREN'S SERVICES**

Children's Services focuses on early intervention, child development, and delivering supports and services to children, youth and families. Service is targeted to age 17 and younger.

www.alberta.ca/childrens-services.aspx | 780-986-7869

Crisis Unit (after hours, weekends, and holidays)
**780-422-2001 or 780-427-3390
or 1-800-387-5437**

- **RCMP - LEDUC DETACHMENT**

Non-emergency calls. Services include criminal record check, vulnerable sector check, reporting a crime, general information, and non-emergency complaints.

**www.rcmp-grc.gc.ca/detachen/d/523
780-980-RCMP (7267)**

- **SAFFRON SEXUAL ASSAULT CENTRE (Sherwood Park)**

Therapeutic and support services provided to victims and caregivers of sexual assault, sexual abuse or sexual violence.

**www.saffroncentre.com
780-449-0900**

- **SEXUAL ASSAULT CENTRE OF EDMONTON (SACE)**

Service targeted to individuals affected by sexual violence or supporting someone affected by sexual violence. Provides specialized, trauma-informed services at no fee including counselling, court support, public education, and a support and information phone line.

www.sace.ca | 780-423-4102

- **VICTIM SERVICES**

Provides support, information, and referrals to persons during their time of crisis, trauma or tragedy whether it is as a victim of a crime, sudden death, or crisis.

**www.leducvictimservices.ca
780-980-7232**

- **YESS (Youth Empowerment & Support Services)**

The Armoury Resource Centre (ARC) in Edmonton offers a variety of daytime programs, including medical care, addictions and mental health counselling, help with continuing education, and housing resources. Daytime programs are available to youth aged 15-24.

www.yess.org | 780-468-7070

- **BOYS AND GIRLS CLUB OF LEDUC**

Provides a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and skills for life. After school programming available.

www.bgcleduc.com | 780-986-3121

- **LEDUC ALATEEN**

Support group for teens aged 13-18 who are worried about someone with a drinking problem. Groups are held on Mondays at 8pm at St. David's United Church.

www.al-anon.ab.ca/meeting/leduc-monday-night-afg/ | 780-986-2085

- **LOVEISRESPECT**

Highly-trained advocates provide 24/7/365 support, advocacy, and education to young people who have questions or concerns about their dating relationships. Information and support is also available for concerned friends and family members.

**Chat at www.loveisrespect.org
Text LOVEIS to 22522
Call 1-866-331-9474**

HOUSING/SHELTERS

- **THE OFFICE OF THE CHILD AND YOUTH ADVOCATE (OCYA)**

If you have questions about your rights as a young person, need legal help, or need to speak out, we're here for you.

www.ocya.alberta.ca | 780-422-6056

- **CRISIS SERVICES CANADA**

Available to anyone thinking about or affected by suicide. Offers suicide prevention and support through phone and text.

www.crisisservicescanada.ca

Call 24/7: 1-833-456-4566

Text (4pm-12am ET): 45645

- **YOUTHSPACE.CA (British Columbia)**

Crisis and Emotional Support Chat and Text Service. Available for any youth across Canada, under 30, that is experiencing any sort of crisis and needs to talk. This anonymous service helps youth build and access strategies for coping with life's challenges. Hours are 6 p.m.-midnight PT (7 p.m.-1 a.m. MT)

Online chat: www.youthspace.ca

Text chat: 778-783-0177

- **YESS (Youth Empowerment & Support Services) SHELTER PROGRAMS**

Serves youth ages 15-21 in the shelter and residence programs.

Nexus Shelter

Provides short-term shelter and security. Youth Workers help youth find stable and secure housing and connect them to community services. The shelter opens at 9 p.m. and has access to food, dorms, showers, and personal items from the donation room.

Long-Term Residence

For youth who need the stability and support of a long-term placement. There are two residences: Graham's Place and Shanoa's Place. If you are working on goals such as finishing school, overcoming addiction, or focusing on your mental health, then our residence might be a good fit for you. Talk to the staff at Nexus or ARC about your housing options.

www.yess.org | 780-468-7070

- **HOPE MISSION YOUTH SHELTER**

Offers a safe and non-judgmental environment, with staff members who have a genuine concern for youth. Opens at 9 p.m. Serves youth aged 16-24.

www.hopemission.com | 780-422-2018

- **E4C YOUTH HOUSING PROGRAM**

(Transitional Housing) Serves youth aged 14-17. Services include showers, laundry, meals, bus tickets, clothing, hygiene items, referrals to programs and services, and access to support.

www.e4calberta.org

Referral Line: 780-479-7075

Crisis Unit: 780-427-3390

(After-Hours Emergency Placements)



- **THE OPEN DOOR (Camrose)**

Emergency Shelter

Houses youth in need. Access to communal kitchen. Youth Support Workers work with youth to establish goals, develop life skills, and self-advocate. Beds available to youth aged 16-24.

Transitional Suites

Independent living quarters with bedroom, bathroom, and kitchen. Help with the transition from living in the shelter to living independently in the community.

www.camroseopendoor.com

780-679-6803

CLOTHING

- **THE HUB – Coats for Families Program**

Provides coats and other winter clothing for those in need of all ages.

www.lrh.org | 780-739-5482

- **THE JIREH CENTRE**

Provides free clothing and footwear to those who can't afford them otherwise.

www.thejirehcentre.ca
thejirehcentre@gmail.com

- **CINDERELLA'S CLOSET**

An Edmonton-based organization that provides grad dresses and accessories to girls who are unable to purchase their own. Clients must be referred by a school, counsellor, or social caseworker.

www.cinderellasclosetedmonton.com
cinderellaedmonton@gmail.com

- **THE PROM PROJECT**

We make sure everyone gets a dress for grad regardless of finances. We donate gowns to girls in need to make sure they have a beautiful gown for such a special occasion! Open Wednesdays and Saturdays from noon to 5 p.m.

infoforthepromproject@gmail.com
780-216-0416



- **LEDUC & DISTRICT REGIONAL FOOD BANK**

Emergency food service is available for individuals and families in need from the City and County of Leduc.

Call on Mondays, Wednesdays, and Fridays to book an appointment for a same-day hamper pick-up.

**www.leducfoodbank.ca
780-986-5333**

- **WECAN Food Co-op**

The Food Basket Program helps families and individuals get fresh food at a discount price. Annual membership fee is \$5. Monthly order choices of meat only (\$15), produce only (\$10), or both (\$25).

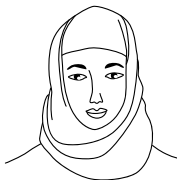
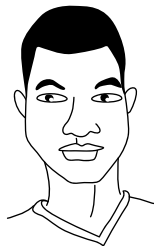
Operated by St. David's United Church. The food bank is a drop off and pick up point for monthly orders.

**www.wecanfood.com
780-986-1890 or 780-986-6721**

- **LEDUC TRANSIT**

For questions, recommendations, or complaints about transportation service.

www.leductransit.ca | 780-980-8444



LGBTQ2S+ SUPPORTS

- **LEDUC GSA**

A Safe Space for LGBTQ individuals to engage in discussion, support, and activities. Hosted by the altView Foundation. Takes place the last Monday of every month from 6-8pm at Leduc Public Library.

www.altview.ca/

- **PRIDE CENTRE OF EDMONTON**

Offers resources, free counselling, public educational programs, social and support groups, and youth activities in support of the LGBTQ2S+ community.

www.pridecentreofedmonton.ca
780-488-3234

CHURCH YOUTH GROUPS

- **CITY LIFE CHURCH**

www.citylifecc.ca | 780-980-2589

- **DAYSTAR CHURCH**

www.daystarchurch.ca | 780-986-5461

- **EBENEZER CHRISTIAN REFORMED CHURCH**

www.ebenezercrc.com | 780-986-4119

- **GATEWAY FAMILY CHURCH**

www.gatewayfamily.ca | 780-986-1414

- **LEDUC ALLIANCE CHURCH**

www.leducalliance.org | 780-986-1055

- **LEDUC COMMUNITY BAPTIST CHURCH**

www.leduccommunitybaptistchurch.org
780-986-1657

- **LEDUC FELLOWSHIP CHURCH**

www.leducfellowship.ca | 780-986-9299

- **PEACE LUTHERAN CHURCH**

www.peaceleduc.webs.com | 780-986-2688

- **ST. DAVID'S UNITED CHURCH**

www.stdavidsleduc.com | 780-986-2085

RECREATION & LEISURE

- **CITY OF LEDUC RECREATION ASSISTANCE PROGRAMS – EVERYBODY GETS TO PLAY**

Through Everybody Gets to Play™, the City of Leduc is able to offer access to various cultural, athletic and recreation opportunities to young people in our community who may not otherwise have the opportunity to participate. Programs include MNP Kicks for Kids, Creative Culture Connections (CCC) and the Recreation Assistance Program (RAP).

www.leduc.ca/recreation-assistance-programs

- **LEDUC RECREATION CENTRE LRC Youth Trip**

The Leduc Recreation Centre is offering a variety of youth only (12 - 17 years) day trips to Edmonton. Must call to register.

<https://www.leduc.ca/lrc-youth-trip>
780-980-7120

YOUTH PROGRAMS AND ACTIVITIES

These programs are specifically programmed for children and youth ages 5-17. Program lengths and time vary as some run just once and others are for a session and some are offered after school and on weekends.

www.leduc.ca/registered-programs
780-980-7120

- **CANADIAN TIRE JUMPSTART – LEDUC CHAPTER**

A national program that provides funding for kids and youth from ages 4-18 years old to participate in organized sports and recreation. Applications must be filled out online.

<http://jumpstart.canadiantire.ca>

- **LEDUC PUBLIC LIBRARY**

Offers a variety of services, programs, and groups for youth.

www.leduclibrary.ca | 780-986-2637

HEATH AND MENTAL HEALTH

- **ALBERTA HEALTH SERVICES -
Children, Youth & Families,
Addiction and Mental Health**

Centre Hope Building (Leduc)

Offers assessment, counselling, and treatment for people experiencing addiction and/or mental health issues.

Children & Adolescent Mental Health
Intake Services: **780-342-2701**

Adult Mental Health Intake Services:
780-424-2424

**Walk-in Clinic for Addiction Assessment
(Centre Hope Building, Leduc)**

Addiction assessment, treatment plans, and referrals for people age 17 and over. Offered Tuesdays and Fridays at 12:30pm.

780-986-2660

Walk-in Clinic (Edmonton)

Offers solution-focused therapy to children, youth, and their guardian(s) who want to initiate change on a walk-in basis (no appointment needed).

Hours: Monday to Friday from 12:30-4pm

Rutherford Clinic: 780-342-6850

Northgate Health Centre: 780-342-2700

Children's Mental Health Crisis Line

Not 24 hours (Mon-Fri 8am-10:45pm; weekends and holidays 10am-10:45pm)
Call if you have mental health questions, need information about the mental health intake process, or are experiencing a mental health crisis situation.

780-427-4491

- **ACCESS OPEN MINDS (EDMONTON)**

Youth aged 11 to 25 years who are in need of addiction or mental health supports can access this free, walk-in referral service. Following an initial assessment, you will be connected with the services you need ranging from psychologists and counsellors to occupational and recreation therapists. No appointment or referral is necessary.

www.accessopenminds.ca/our-site/edmonton-ab | 780-415-0048

- **PRIMARY CARE NETWORK**

Leduc, Beaumont, Devon

Health and mental health services, programs, and workshops available for youth.

www.lbdpcn.com

Leduc After-Hours Medical Clinic

Basic medical services only.
Monday to Friday from 6:00 to 9:30 p.m.

780-986-6624

Beaumont Medical

Provides STI testing and sexual health check-ups to young people.
Monday to Thursday from 5:00 to 8:00 p.m.

780-929-6050

- **CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)**

Online Crisis Chat

It's not always easy to pick up the phone and talk to someone else about your problems. Sometimes it's easier to talk over chat. Check website for live chat times. Chat times may vary depending on staffing availability.

www.edmonton.cmha.ca/programs-services/online-crisis-chat/

- **LEDUC COMMUNITY HOSPITAL**

Provides a range of healthcare services including a 24/7 emergency department.

780-986-7711

- **COMPASS CENTRE FOR SEXUAL WELLNESS (EDMONTON)**

Provides sexual health education and counselling services. One-on-one live chat with questions you have about your sexual health & well-being.

www.compasscentre.ca | 780-423-3737

- **ALBERTA HEALTH SERVICES – Birth Control Centre (Edmonton)**

Offers confidential services to teenagers and young adults experiencing barriers to accessing birth control or other sexual health related services.

Services offered include counselling, sexual health-related testing, information and referrals as needed on contraception, unplanned pregnancies, pregnancy options, and safe sex practices.

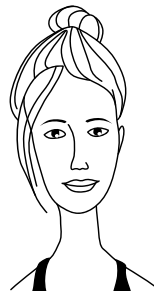
Clients are welcome to bring their partner or a friend for support.

780-735-0010

- **SEXUALLY TRANSMITTED INFECTIONS CLINIC**

Provides free and confidential testing and treatment for STIs, HIV, and blood borne pathogens. Available to all ages 14 years and over. Alberta Health Care Insurance is not required. For testing, this service operates on a walk-in basis only.

780-342-2300



EDUCATION

- **BLACK GOLD REGIONAL SCHOOLS**
Elementary, junior high, and high school programming. Alternative programming: Outreach School for grades 7-12, and Home-based education for grades 1-12.
www.blackgold.ca | 780-955-6025
- **ST. THOMAS AQUINAS ROMAN (STAR) CATHOLIC SCHOOLS**
Elementary, junior high, and high school programming. Alternative programming: Outreach School for grades 10-12.
www.starcatholic.ab.ca | 780-986-2500
- **OUTREACH FOR PREGNANT & PARENTING TEENS (OPPT)**
Educational support group for pregnant and parenting teens to continue their education and to learn positive parenting skills. Offered through the Black Gold Regional School Division. The on-site child minding facility allows teen parents to participate in their classes and to observe the modelling of healthy parent-child relationships.
www.bgo.blackgold.ca | 780-986-9466

EMPLOYMENT & TRAINING

- **GOVERNMENT OF ALBERTA'S LEARNER BENEFITS PROGRAM**
Available to youth aged 16-19 who are attending a regular school program (K-12) and are in financial need. May qualify for Education and Living Expenses through this program.
Assessment Centre for Leduc:
BGS Enterprises (Edmonton)
**www.bgsenterprises.com/our-programs/assessment-centre
780-425-6655**
- **MCG CAREER & EMPLOYMENT SERVICES**
Helps individuals aged 14 and up who require job search supports and career and employment services. Both drop-in and scheduled appointments are available. Offered at the Leduc Public Library.
**www.mcbridecareergroup.com
587-285-8118**





LEDUC.CA/YOUTH

