

# Additional Counselling Resources



## Saffron Sexual Assault Counselling Centre

110, 222  
Athabasca Ave  
Sherwood Park, AB

**780.449.0900**

Provides up to 20 individual sessions and group support to those affected by sexualized violence, on a sliding scale basis. Can be accessed as an alternative to SACE.

[saffroncentre.com](http://saffroncentre.com)



## YWCA Edmonton

10402 124 St  
Edmonton, AB

**780.423.9922**

Provides individual and group counselling on a sliding scale basis. Can address topics such as complex trauma, domestic violence, and addictions.

[YWCAofEdmonton.org](http://YWCAofEdmonton.org)



## The Family Centre

20, 9912 106 St  
Edmonton, AB

Main **780.423.2831**

Counselling Intake  
**780.424.6103**

Provides sliding scale short term counselling to individuals, groups, families, and couples.

[familycentre.org](http://familycentre.org)



## Aboriginal Counseling Services of Alberta

#204, 10010 105 St  
Edmonton, AB

**780.242.4357**

Provides individual and group counselling for all individuals at no cost and minimal to no wait time.

[aboriginalcounseling.com](http://aboriginalcounseling.com)



## Community Counselling Centre

202, 10534 124 St  
Edmonton, AB

**780.482.3711**

Offers individual, couples, family, and group counselling on a sliding scale.

[communitycounsellingcentre.ca](http://communitycounsellingcentre.ca)



## Drop-In YEG

Multiple Edmonton locations

**780.423.2831**

Provides free walk-in single session counselling services to individuals, couples, and families. Various locations and times can be found on their website.

[dropinyeg.ca](http://dropinyeg.ca)



## Access 24/7 Mental Health

13211 Fort Road NW  
Edmonton, AB

**780.424.2424**

Provides a single point of access to adult addiction and mental health community based programs.



## Cornerstone Counselling Centre

400, 10230 142 Street NW  
Edmonton, AB

**780.482.6215**

Sliding scale from \$50 to \$200. Student counsellors available onsite at a rate of \$20 per session for those without benefits and whose household income is less than \$35,000 per year.

[cornerstonecounselling.com](http://cornerstonecounselling.com)



## Momentum Walk-In Counselling

#132 6325 Gateway Blvd  
Edmonton, AB

**780.757.0900**

Offers single-session individual counselling services on a sliding scale from \$40 to \$200.

[momentumcounselling.org](http://momentumcounselling.org)



## Jewish Family Services

104, 15023 123 Ave NW  
Edmonton, AB

**780.454.1194**

Low to no cost trauma counselling available for individuals, couples, children, families or groups. Clients do not need to be Jewish.

[jfse.org/integrity](http://jfse.org/integrity)

## Support Lines



SACE Support and  
Information Line  
(9 a.m. - 9 p.m.):  
**780.423.4121**



LGBTQ2S+ Youth  
line (2 – 7:30pm MT  
Sunday-Friday):  
**YouthLine.ca**



Mental Health  
Help Line (24/7):  
**1.877.303.2642**



Alberta's One Line  
for Sexual Violence  
(9 a.m. - 9 p.m.):  
call or text  
**1.866.403.8000**,  
or chat at **sace.ca**



Family Violence  
Info Line (24/7):  
**780.310.1818**



Trans Lifeline (24/7):  
**1.877.330.6366**



Indigenous Hope  
for Wellness  
Help Line (24/7):  
**1.855.242.3310**



Central Alberta  
Sexual Assault  
Support Centre  
Crisis Line (24/7):  
call or text  
**1.866.956.1099**



Children's Mental  
Health Crisis and  
Response Team:  
**780.427.4491**



Islamic Family and  
Social Services  
Association Help-  
line (10am-10pm):  
**780.900.2777**



Distress Line (24/7):  
**780.482.4357**



Kids Help  
Phone (24/7):  
**1.800.668.6868**,  
or text CONNECT to  
**686868**



Suicide Crisis  
Helpline (24/7):  
**9.8.8**

For additional resources, visit **sace.ca/help/community-resources**, call **211**,  
or visit **ab.211.ca**

