

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



YWCA Edmonton

400, 10080
Jasper Ave
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



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



Aboriginal Counselling Services

204, 10010 105 St
Edmonton, AB

780.448.0378

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

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



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



Access 24/7 Mental Health

10959 102 St
Edmonton, AB

780.424.2424

Provides a single point of access for adult mental health and addiction community programs at Anderson Hall, across from the Royal Alexandra Hospital emergency department.



Cornerstone Counselling Centre

302, 10140 – 117 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



Momentum Walk-In Counselling

706, 5241
Calgary Trail NW
Edmonton, AB

780.757.0900

Offers free, single-session individual counselling services.

momentumcounselling.org



Jewish Family Services

100, 8702
Meadowlark Road,
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

Support Lines



SACE Support and
Information Line
(9am-9pm):
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
(9am-9pm):
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

For additional resources, visit [sace.ca/
help/community-resources](https://sace.ca/help/community-resources), call **211**,
or visit www.ab.211.ca

