



TRANSGENDER RESOURCES

- **AlbertaTrans.org:** An all-inclusive website and resource for anyone on the transgender spectrum, whether they identify as male-to-female (MTF), female-to-male (FTM); transsexual, cross-dresser, gender queer, drag performer; pre-op, post-op, semi-op, non-op, intersexed, two-spirit, questioning, bi-gendered, androgynous, full-time, part-time, straight, gay, bisexual, pansexual, as well as their friends, family and supporters.
- **Alberta Trans Peer Support Edmonton Group:** Meets the first and third Sundays of every month from 2:00pm-4:00pm at the Pride Centre, 9540-111Ave.
- **TTIQ Alliance:** Second Tuesday of every month, 7:30pm-9:30pm at the Pride Centre, 9540-111 Ave.
- **Youth Space:** An after-school drop-in for gay, lesbian, bisexual, transgender, queer and questioning, youth under 25 years old. Open Tuesday to Friday 3:00pm-7:00pm and Saturdays 2:00pm-7:00pm, at the Pride Centre, 9540-111 Ave.
- **Youth Understanding Youth (YUY):** A discussion and support group for youth under 25 years old. Meets every Saturday evening from 7:00pm-9:00pm at the Pride Centre, 9540-111Ave.
- **Inner City Youth Housing Project:** Shelter for homeless/street involved youth familiar with the inner city. 6 homes located in Central and north-east Edmonton. Non gendered housing structure (youth not separated by gender). Phone: 780 479-7075
- **Catholic Social Services Safehouse:** Safe house for homeless/street involved youth. Focus is on teen girls and female-identified transgender youth. Phone: 780 474-9938.
- **Youth Emergency Shelter:** Provides young people in crisis with immediate support in a residential environment. There are four programs in place which provide residential care, support services, education and training to youth at risk. Address 9310-82 (Whyte) Ave, Edmonton. Phone: 780 468-7070



GROUPS:

Illusions Social Club of Edmonton: Second Thursday of each month at 8:30pm. Meets at Boots, 10242-106 Street. http://groups.yahoo.com/groups/edmonton_illusions/. A safe, secure and discreet social setting for cross-dressers, transsexuals, two-spirited, and other transgender individuals, their sweethearts and friends.

Reflections Edmonton: Significant others support group. First Thursday of each month. Fireside Chat (for transgender males), last Thursday of each month. Social group/potluck, second Saturday of each month. reflectionsedmonton@yahoo.ca. Reflections is not a dating club! It is a peer-support group that offers a safe environment for cross-dressers, transsexuals, transgender individuals and their spouses/significant others. Interested individuals are asked to contact the group by email before attending their first meeting in order to ensure safety.

Transgendered, Transsexual, Two-Spirited, Intersexed, and Questioning: 1st and 3rd Sunday of every month. 2:00pm-4:00pm at the Pride Centre of Edmonton. <http://www.albertatrans.org/atgroup.html>. TTIQ is a mixed gender open support group addressing the needs of transsexual and transgendered individuals. In addition to meetings at the Pride Centre, the group has brunch at a local restaurant on the last Sunday of each month at 12:00pm.

Transgender Education and Support Group: 2nd Tuesday of every month. 7:00pm-9:00pm at the Pride Centre of Edmonton. TESSG provides education and support for transgender, transsexual and questioning people at any stage of transition.

Doctors and Counselling:

Grey Nuns Community Health Centre: Psychiatry Department, 34 Avenue and 66 Street. Referral required. Gender clinic Grey Nuns ask for psychiatric outpatient. Dr. Lorne Warneke – psychiatrist taking trans identified patients. Phone: 780 735 7119.

Catharsis Online: <http://www.catharsisonline.net> Online counselling for LGBTQ people. \$50 membership fee.



<p>Alberta Trans: http://www.albertatrans.org Very useful website with information on news, groups, articles, and resources. Contains most of the other links listed here, among others.</p>
<p>The Antijen Pages: http://www.antijen.org. Resources for transgendered youth.</p>
<p>Egale Canada: http://www.egale.ca. Resources and information for gay, lesbian, bisexual, and trans-identified people.</p>
<p>Forge-Forward: http://www.forge-forward.org. An educational and advocacy group for female-to-male trans individuals.</p>
<p>FTM International: http://www.ftmi.org. The largest, longest-running organization serving the female-to-male community.</p>
<p>Gender Education and Advocacy: http://www.gender.org. GEA is a national organization focused on the needs, issues and concerns of gender variant people.</p>
<p>Gender Mosaic: http://www.gendermosaic.ca. Ottawa-based society that offers support and information.</p>
<p>Hudson's FTM Resource Guide: http://www.ftmguide.org. A resource for information on a variety of topics related to trans-men.</p>
<p>International Foundation for Gender Education: http://www.ifge.org. Advocates freedom for gender expression.</p>
<p>Intersex Society of North America: http://www.isna.org. Devoted to systemic change to end shame, secrecy and unwanted genital surgeries for people born with an anatomy that has been determined to be not standard for males or females.</p>
<p>Trannyweb: http://www.trannyweb.com. Huge website with chat rooms, software, blogs, and links to resources and businesses.</p>
<p>Transgender Aging Network: http://www.forge-forward.org. Workshops, information and advice related to issues of aging, including elder care, senior abuse, and others.</p>
<p>Transgender Support Site: http://www.heartcorps.com/journeys. Diary, photos, information and advice.</p>
<p>Transsexual Women's Success Stories: http://www.ai.eecs.umich.edu/people/conway/TSsuccesses.html. Stories and encouragement from women who have transitioned successfully, in many languages.</p>



Gender Reassignment Surgery (GRS)

Estrogen – A hormone produced by females that promotes the development of feminine secondary sex characteristics, such as breasts. It works slowly and can be reversed.

FTM – Transformation of female to male.

Gender Identity – A sense of self being as male or female.

Gender Identity Disorder – Disorder, classified in the DSM-IV, is characterized as a strong and persistent identification with the opposite sex and the desire or perception that one is of that gender.

Gender Reassignment Surgery – the alteration of the physical appearance of a person's anatomy to resemble, as closely as possible, the other sex's anatomical configuration.

Identity – An integration of a person's social and occupational roles and affiliations, self attributed personality traits, attitudes about gender roles, beliefs about sexuality and intimacy, long term goals, political ideology, and religious beliefs.

MTF – Transformation of male to female.

Sexual Orientation – An individual's feeling of sexual attraction and erotic potential.

The Gender Clinic – Located at the outpatient psychiatric ward at the Grey Nuns Hospital in Edmonton, Alberta. Dr. Warneke practices out of this clinic.

Testosterone – A hormone produced by males that promotes the development of masculine secondary sex characteristics, such as a deep voice and hair growth. It works very quickly and is irreversible.



History Of Transsexuals

1479 – 1458 BC – The first transgender account dates back to the ancient times. Egypt was ruled by Hatshepsut. Although having a female leader was not impossible Pharaoh was defined as male. In response to this Hatshepsut created a hybrid gender of which she categorized herself as.

1700 – The English gay community established Mollyhouses as a safe place to gather and socialize. Molly is a term used to describe men who dress up as women. This was the first successful creation of a queer community. By the end of the 19th century failed asylum therapy people to believe the ‘absurdity’ of transgender could not be cured and in response the insane removed to a larger asylum to protect the public and avoid exploitation of the insane. The Victorian era termed cross-dressers as “tight-lacers”.

1869 – The first medical paper on transsexuality is published by Karl Friedrich Otto Westphal.

The late 1800’s and 1900’s – Increased awareness to sexuality with interests of Henry Havelock Ellis and Sigmund Freud. Controversy lead to the banishment of Havelock’s work and Freud continued to shock society with his 3 essays on the Theory of Sexuality.

1910 – Magnus Hirschfeld coins the term transvestite.

1913 – The Mental Deficiency Act created the board of control to manage the mental health system. The Act categorized transgender, homosexual, criminals, and un-married mothers as moral defects.

1914 – Transgender individuals were once again ostracized and regularly shot with a charge of being a spy or a coward.



1919 – Magnus Hirschfeld founds the institute for Sexology in Berlin, the first clinic to serve the transgendered community. The institute housed the first complete MTF surgery.

1923 – The term transvestite changed to transsexual.

1930 – The encyclopaedia of Sexual Knowledge by Norman Haire was published which addressed transvestism in detail and procedures for the first sex change was described.

1938 – Electroshock therapy was developed and used to ‘treat’ transgendered individuals.

1939 – The introduction of Aversion Therapy was used as an effort to eradicate homosexuals and later transgendered people.

1939 – The Second World War continued to be extremely horrendous for transgendered people, bringing murder, abuse and sterilization to the community by the Nazis. The Institute for Sexology is demolished and all records are burned.

1949 – Hormone therapy for the transgendered community was introduced in the United States.

1951 – The first full surgically altered transsexual in the United States.

1958 – The first Phalloplasty for gender reassignment performed.

1959 – The Mental Health Act abolished the Board of Control.

1966 – Johns Hopkins Medical Centre opens the first gender clinic.



1970 – Metoidioplasty developed for FTM transsexuals. The United Kingdom passed a law stating that post operative transgendered individuals are not allowed to get married.

1973 – The diagnosis of homosexuality changed from a disease to a condition, transsexuals continue to be on the DSM as gender dysphasia.

1976 – Transsexual people are legally accepted in their new identified gender after surgery.

1979 – John Hopkins Medical Centre closes. John Money insists that gender is learned and transgendered people need to transition. Gay, lesbian, and transgendered individuals who have been condemned to death changed the law that they must undergo SRS surgery and keep quiet about their past.

1984 – International foundation for gender education (IFGE) formed.

1995 – Triangle program developed in Toronto, Ontario for gay, lesbian, bisexual, and transgendered students at risk of dropping out or suicide due to homophobia.

1999 – Transsexualism termed a condition and not a state of mind.

2002 – Transgender law centre established.

2004 – Gender recognition act is introduced into UK law which enables transsexuals to be recognized as their true sex after surgery and get married.



Real Life Tests

Before the real life tests (RLT) can be medically acknowledged a diagnosis of gender identity disorder (GID) must be attained by Dr. Warneke; the practicing psychiatrist for transgendered people in Alberta at this time. A referral must be given by your practicing general physician in order for an appointment with Dr. Warneke to be obtained. Although it is not in the opinion of Dr. Warneke that transgender individuals should be classified with a mental disorder the diagnosis is required in order to proceed with the Gender Reassignment Surgery (GRS).

RLT is a defining characteristic as to whether a person is ready to take on life as their true gender. This is one of the first steps to beginning your transformation. You must live full time in your preferred gender role. Full time means 24/7 while working full time, going to school full time, or doing significant time in volunteer work. A letter, the carry letter, will be written by Dr. Warneke explaining that you are going through a transition to protect you from discrimination and aid in the understanding of people in positions of authority. During the RLT you must legally change your name with Alberta Vital Statistics and it is necessary to provide your birth certificate. A change of gender status on your driver's licence is not possible until after GRS. When travelling you will be required to bring your passport and have your carry letter with you. It is imperative not to destroy pictures or any identification from your previous gender life, this documentation may be important for legal matters. The RLT must be on record for a minimum of one year and regular appointments must be kept during the RLT at the gender clinic. The year must be completed before surgery can become an option; this is to ensure that you are able to cope with the challenges that will be faced when you are transitioning. Challenges may come from dealing with family, employers, co-workers, and the general public. This will also give the people in your life time to understand the transformation of their loved one. Near the end of the one year period, a second psychiatric opinion needs to be obtained for surgery to be an option.



Hormone Therapy

After two or three months of the RLT, you can become eligible for hormone therapy. Dr. Warneke will refer you to an Endocrinologist at the Grey Nuns to start a physical transformation. Depending on the transformation of MTF or FTM certain hormones will be given to enhance the true gender features.

MTF:

- *Spirolactone or Cyproterone acetate, Finasteride (Testosterone Blocking Agents)*
- *Estrogen – comes in the form of an intramuscular injection, cream, gel, patch, or pill.*
- *Side Effects:*
 - Testosterone Blocking Agents: Depression and elevated liver enzymes, low blood pressure, changes of heart rhythm, skin rash.*
 - Estrogen: Risk of blood clots (higher in smokers and 40+), nausea, vomiting, headaches, migraines.*

NOTE: If Estrogen is not attaining satisfactory results Progestagens may be used. The possible risks include depression, weight gain, and changes in blood fats.

FTM:

- *Testosterone – comes in the form of an intramuscular injection, skin patch, cream/gel, or pill. Information obtained from Dr. Warneke indicates that testosterone given is in the form of injection. Depending on what type of route is taken will decide how quickly your body changes.*
- *Side Effects:*
 - Can increase the risk of heart disease, stroke, and diabetes. May cause headaches and migraines or increase intensity of existing ones.*

IMPORTANT NOTE: If changes are occurring slower than desired it is important not to double dose or add a steroid (stacking) to speed up changes. Higher doses may slow down changes because the extra Testosterone can be converted into Estrogen and vice versa. Taking medication over long periods of time can lead to liver disease, especially for those at risk for liver disease.

Dosing is dependent on the individual (age, hormone receptors and sensitivity). Factors to consider: health (each type has different risks and side effects), availability (what is offered locally), and finances.



Speech Therapy: Referral required.

- Edmonton Glenrose Rehabilitation Hospital
Voice Clinic (780)735-7999
- Grey Nuns Hospital
Speech Therapy Clinic (780)735-7119
- Prairie Mountain
Speech and Language Therapy (Calgary, Alberta) (403)710-8437
- Rockyview General Hospital
Speech Language Pathology Dept. (Calgary, Alberta) (403)943-3332

Surgeons for SRS:

A referral is required plus documentation of the completion of the RLТ and a letter from two psychiatrists.

- Doctors Yvon Menard/ Pierre Brassard GRS
1003 East-St. Joseph Blvd
Montreal Quebec
(514)288-2097

Surgeons: Referral required.

- Doctor Murray Morrison
Vocal Cord Surgery
Vancouver General Hospital
(604)875-5382

Dermatologists: Referral required for removal from phalloplasty donor site.

Doctor Barry Lycka
Laser Hair Removal
#780 10665 Jasper Avenue
(780)425-1212

Doctor David Will
Laser Hair Removal
#102 9145-82 Avenue
(780)469-4704

Pat Lauzon/Salwa Tarrabain
Laser Hair Removal
University Dermatology Centre
2-104 Clinical Sciences Bldg Edmonton
(780)407-3777

Corona Rejuvenation Centre
Pulsed Light Hair Removal
#508 10665 Jasper Avenue
(780)424-8885



Yahoo Groups:

Alberta Trans Peer Support Group:

<http://groups.yahoo.com/group/AlbertaTransPeerSupportNetwork/>. Open to Alberta Transsexual, Transgendered, Intersexed, Two-Spirited and Questioning individuals at any point in transition. Also runs the TTIQ group that meets at the Pride Centre.

Crone: http://health.groups.yahoo.com/group/CRONE_portal/. An international list about proper uses of female hormones and related products. A searchable archive of over 14,200 postings is available to members.

Edmonton Cross-dressers and Transgender Support:

http://groups.yahoo.com/Edm_Crossdressers_And_Transgender_Support/. This group is a non-sexual group. It is intended for cross-dressers and various transgender individuals to support each other, their spouses, partner or friends. Fun, make-up tips and getting together to go out en-femme.

Reflections: <http://groups.yahoo.com/group/reflectionsedmonton/>. A safe environment for transsexuals, transgender individuals, cross-dressers and their spouses/significant others. Also runs Significant Others support group and other support groups.

Transaction Canada: <http://groups.yahoo.com/group/transactioncanada/>. A group dedicated to the health, and welfare and legal/justice issues of the Canadian trans community.

TS Breasts: <http://groups.yahoo.com/group/TS-BREASTS/>. All about breasts development via hormones, herbals or cosmetic surgery.

TS Care: <http://groups.yahoo.com/group/ts-care/>. A group meant to allow transsexuals to discuss providers of products and services for transitioning. The emphasis of this group is to build a registry of providers who are most cost effective while remaining competent.

TS Tall Girls: <http://groups.yahoo.com/group/TSTallGirls/>. A group for big and tall MTF transsexuals. Open to any transsexual women who feel that they are a bit big and this makes passing difficult.

TS Women: <http://health.groups.yahoo.com/group/TSWomen/>. A very active discussion group covering every aspect of being a transgendered woman.



FTM Surgery

Hysterectomy - Removal of all female reproductive organs

Elective Bilateral Mastectomy - The reduction or complete removal of the breasts is optional, sometimes hormone therapy will be sufficient to reduce the size of breasts enough to satisfy the individual. This surgery entails a small surgical incision close to the nipple and the removal of nearly all the fat and tissue of the breast. Some individuals elect to have masculine nipples constructed from grafting of the existing nipple. This surgery results in attaining a more masculine appearing chest shape and may be the only surgery necessary for an FTM to adequately assume their true gender.

Meidioplasty - Testosterone hormone use will increase the size of the clitoris significantly which allows the construction of a new penis through this procedure. The clitoral skin is removed so it can be elongated from the pubic area and look like a penis. This will leave the penis smaller than the average penile length and may limit sexual intercourse. The urethra may also be extended to enable urination while standing which is necessitated the removal of the vagina. The fat of the pubic region is extracted and tightened to result in a more masculine appearance. The new scrotum is equipped with inflatable expanders during or after the surgery to allow room for testicular implants.

Phalloplasty - This surgery is the creation of a penis using the skin of the inner forearm as well as the tissue from the vagina and connecting to the vaginal region. This skin graft is taken with the nerves, arteries, and veins and moulded around a catheter tube. This tube will serve as the urethra and permit urination to ensure once the procedure is complete and the tube is extended to the existing urethra. Along with the urethra the skin from the forearm also constructs the glands or head of the penis and the shaft of the penis. The nerves that have been grafted from the forearm are attached to nerves of the clitoris and be part of the penis. The tissue and skin of the vagina are used to create the scrodum. After about six or nine months and evidence of a healthy recovery, testicular implants may be put into the scrodum. This surgery can last three hours or longer. Complications include necrosis (death of the tissue) and hardening of the urinary tract.

(Dr. Warneke, personal communication, January 22, 2010)
(LGBT Health Channel, 2007)



Post Surgery

The patient is required to stay in bed for seven to eight straight days. Pain will be felt with coughing, laughing, and sneezing and it will be difficult to move around or roll over in bed. General anaesthetics are prescribed to aid in coping with this pain. A catheter is in place for three to four days to help with urination, after the catheter is removed urination may be painful but full functioning is usually returned in the first couple of weeks. The anaesthetic will most likely cause constipation for the first few days so a stool softener or enema may also be prescribed. Sexual sensation may be returned as quickly as two weeks but sexual intercourse is not recommended for six weeks. Most people can return to work in two to three weeks. The gender clinic requests that clients book two to three appointments after their operation. This is to discuss any problems that may have emerged or to reaffirm that everything is going smoothly. An individual is still welcome to attend the clinic if they feel further attendance is required.

(Dr. Warneke, personal communications, January 22, 2010)

(The Transgendered Support Site)

(LGBT Health Centre, 2007)



MTF Surgery

Elective Bilateral Orchiectomy - The removal of the testicles to decrease the production of testosterone. An incision is made in the scrotum and the spermatic cord is clamped, stitched, and cut to release the testicle. The end of the cord is replaced into the body. The procedure is done on an outpatient basis and under general anesthesia.

Tracheal Shave - A small incision is made in the front of the throat and the tracheal cartilage is shaved flat which results in a more feminine appearance. This procedure is done on an outpatient basis and under local anesthesia.

Vocal cord surgery - This is also referred to as a feminization laryngoplasty. The aim is to decrease the size of the male vocal chords in an attempt to increase the pitch of the voice. A small incision is made in the front of the throat over the Adam's Apple and a portion of the voice box is removed decreasing the size. The vocal cords are stretched and up to half of the cord is removed, also decreasing the size. Tension in the voice box is applied with the insertion of a tiny metal plate to keep the vocal cord and the cartilage in place during the healing process. This surgery is done on an outpatient basis and is performed under general anesthesia. The tracheal shave is not required if this surgery is performed.

Vaginoplasty - This surgery involves removing the male genitalia, preserving the skin of the scrotum and sexual sensitive tissue to make a `neovagina` and clitoris, also repositioning of the urethra is done.

Removing the male genitalia involves taking the inner penile tissue out not amputating the penis. The outer skin is left connected, turned inside out, and then implanted inside the body to form the new vagina. The labia, or vaginal lips, are constructed from the scrotal tissue after the testicles are removed.

A minimal surgical cut is made near the base of the newly inverted penis at the point of attachment. This is where erectile tissue is pushed through and becomes the clitoris which provides sexual sensitivity and orgasm possibilities. A second slip is cut below the one for the clitoris to reroute the urinary tube which will create a female urinary opening. The abdominal muscles are moved around the new vagina to allow for contractions and increase sexual stimulation.

Surgical gauze is inserted into the new vagina to maintain its shape and then secured in place with thin surgical wire that goes into the abdomen, under the pelvic bone, through the new vagina, back up the pelvic bone, and then out of the abdomen once again. After the vagina has healed and is in place the wire is removed, this usually occurs in seven days.

(Dr. Warneke, personal communication, January 22, 2010)
(The Transgender Support Site)
(LGBT Health Channel, 2007)



Costs

All hormone therapy is covered by an individual's drug plan.

Since the costs of the gender reassignment surgery (GRS) are not covered by the Alberta government, this creates problems for the transgendered society. For the GRS for a MTF change the costs are a lot more affordable than the FTM.

MTF: \$25,000

FTM: \$70,000

These are approximate costs in Montreal. Having surgery in the United States, the cost doubles that of Canada. Although there are surgeons working in Thailand where the surgeries performed there are more affordable than in Montreal. In Thailand, people are expected to stay there a month post operation to make sure of little to no complications.



Free or Low Fee Services

<p>AADAC Ramon Flores, RSW – Addictions Counsellor, Youth Services. 12813 – 116 Avenue Edmonton, Alberta, T5M 3C8 www.aadac.com ramon.flores@aadac.gov.ab.ca</p>	<p>Ph: 780-422-7383 Direct: 780-644-3624 Cell: 780-499-4535 Fax: 780-644-3628</p>
<p>Catholic Social Services Counselling Appointment Immigration 10709 – 105 Street 8212 – 118 Avenue 8815 – 99 Street</p>	<p>780-420-1970 780-424-3545 780-424-3545 780-471-1122 780-432-1137</p>
<p>Jewish Family Services #202, 10339 – 124 Street <i>Handicap Accessible (free to people who can't pay)</i> <i>Open to anyone; Non-religious</i></p>	<p>Ph: 780-454-1194</p>
<p>Planned Parenthood Association of Edmonton #50, 9913 – 106 Street ppae@ppae.ab.ca www.ppae.ab.ca <i>Relationship counselling, pregnancy option counselling, support services, information for individuals and groups concerning sexuality. Advocacy for marginalized groups.</i></p>	<p>Ph: 780-423-3737</p>
<p>Sexual Assault Centre #205, 14964 – 121 A Avenue Mon – Thurs: 9:00 A.M. to 5:00 P.M. Friday: 9:00 A.M. to 4:00 P.M. Closed Daily from 12:00 P.M. to 1:00 P.M for lunch.</p>	<p>Ph: 780-423-4102 Fax: 780-421-8734 24/7 Crisis Line 780-421-4121</p>
<p>The Support Network #301, 11456 – Jasper Avenue (101 Avenue) <i>Single session counselling, call ahead to determine wait time.</i></p>	<p>Walk-Ins: 780-482-0198 24/7 Distress Line: 780-482-4357</p>



Other Psychiatric Resources

<p>Pride Centre Counselling Program Every Wednesday in the board room; 7:00 P.M to 10:00 P.M. Free; Drop-In or by appointment. Blair@pridecentreofedmonton.org</p>	<p>Ph: 780-488-3234</p>
<p>Walk-In Clinic Walter McKenzie Health Sciences Centre University Hospital 8440 – 114 Street <i>The assessment is lengthy; please plan for this.</i> <i>Morning assessment: 8:30 A.M.</i> <i>Afternoon assessment: 12:30 P.M.</i></p>	<p>Ph: 780-407-6501</p>
<p>Edmonton Mental Health Clinic 9942 – 108 Street <i>Provides mental health assessment and treatment for persons with psychotic illness, depression and destructive reactions to crisis. Respond to clients on an urgent basis if necessary.</i></p>	<p>Ph: 780-427-4444</p>
<p>Grey Nuns Community Health Centre Psychiatry Department 34th Avenue and 66th Street 1100 Youville Drive West <i>Referral required.</i> <i>Gender clinic Grey Nuns ask for psychiatric outpatient.</i> <i>Dr. Lorne Warneke – Psychiatrist taking trans identified patients.</i></p>	<p>Ph: 780-735-7119</p>



Mental Health Services and Support – General

Alberta Mental Health Board	780- 427-4444
<ul style="list-style-type: none"> • Edmonton Mental Health Clinic • Fort Saskatchewan Mental Health Clinic • Leduc Mental Health Clinic • St. Albert Mental Health Clinic 	780-998-5225 780-986-2660 780-467-6562 780-459-2820
Alberta Mental Health Self-Help Network	780-452-1930
Canadian Mental Health Association	780-414-6300
Catholic Social Services	780-420-1970
Child And Adolescent Services Association	780-438-0011
Depression and Manic Depression Association of Alberta	1-888-757-7077
Mental Health Patient Advocate <i>For individuals detained under the Mental Health Act.</i>	780-422-1821
Prosper Place <i>A clubhouse offering opportunities for employment, education, socialization and community involvement.</i>	780-426-7861
Psychologists' Association of Alberta Referral Line <i>For referral to a chartered psychologist.</i>	780-428-8255
Schizophrenia Society of Alberta	780-452-4661
St. Albert Family and Community Services	780-459-1512
The Family Centre	780-423-2381
The Support Network	780-482-4636
The University of Alberta Hospital Psychiatric Treatment Clinic	780-407-6501



Self-Help Support Groups

Depression <ul style="list-style-type: none"> • Youth/ Young Adult Depression/Manic Group 	780-437-1283 (Guy)
Eating Disorders <ul style="list-style-type: none"> • Eating Disorder Education Organization 	780-944-2864
Family Support <ul style="list-style-type: none"> • University of Alberta hospital Family Support Group 	780-407-7664
Schizophrenia <ul style="list-style-type: none"> • Unsung Heroes 	780-452-4661

Help Lines

Alberta Mental Health Board Help Line	1-877-303-2642
Children's Mental Health Crisis Line <i>Verbal support and direction from nurses online.</i> <i>Mon – Fri: 8:00 A.M. to 11:00 P.M.</i> <i>Sat – Sun: 12:00 noon to 8:00 P.M.</i>	780-427-4491
Lakeland Mental Health Crisis Line	1-888-255-3353
LGBTQ Support 24/7	1-877-688-4765 1-877- OUT IS OK
Salvation Army Teen Help Line	780-428-8336 (24 hours)
Sexual Assault Centre Help Line	780-423-4121
The Support Network Distress Line	780-482-4357



Drop In and Food

Bissel Centre 10527-96st (780) 423 - 2285

Drop-in M/T/T/F: 7am - 3pm

Food Monday/Friday: 9am Sandwiches

Sunday Inner City Pastoral Lunch

First three Wednesdays of the month: Movies 5pm - 7pm

Boyle Street Community Services 10116-105ave (780) 424 - 4106

Drop in Monday - Friday 6am - 9pm

Weekends and holidays: 6am - 9pm

Food Breakfast and lunch available: 7days

The Mustard Seed 10635-96st (780) 426 - 5600

Drop-in M/T/T/F 1pm - 4:30pm

Monday - Friday: 8pm - 11pm

Saturday: 6pm - 11pm

Food Monday: Friday 7pm Supper

Saturday: 5pm Supper

Old Strathcona Youth Co-op 10325-83ave (780) 496 - 5947

Drop-in Tuesday - Thursday: 12 - 5pm

Friday: 2pm - 5pm

NOT OPEN MONDAYS

Salvation Army Crossroads Community Church 11726-95st (780) 474 - 4324

Monday - Friday: 9am - 5pm

Friday evenings: 7pm - 11pm

Sunday church service: 2pm - 5pm

Emergency Response

Mental Health Crisis (780) 484 - 0222

24/7

Child Welfare Crisis (780) 427 - 3390

24/7

Red Cross (780) 423 - 2680

Monday - Friday: 830am - 430pm

1 - 800 - 565 - 4483 (after hours 24/7)



Food

J-Jireh Mission Soup Kitchen (780) 489 - 9138
11905 - 82st
W/F/Sat: 4pm
West 11524/11526 Stony Plain Road
Tues/Thurs: 4pm
Sun: 10am

Lighthouse Ministries 3010-119ave
Wed/Sun: 1pm Lunch 7pm Dinner

Marian Centre 10528 - 98st (780) 424 - 3544
M/T/T/F/Sat: 12pm - 1245pm Lunch
Tues: Free clothing available

New Beginners Christian Centre 3207-92st (780) 462 - 1212
Friday: 630pm 830pm

Christ Church 12116-102ave (780) 488 - 1118
Third Saturday of the month: 5pm

Red Road Healing Society 4225-118ave (780) 471 - 3221
Tuesday: 530pm
Friday: 12pm - 1pm

Robertson Wesley United Church 10209-123st (780) 482 - 1587
Second Saturday of each month: 5pm

St.Faith's Anglican 1175-93st (780) 477 - 5931
Thursday: 1230 pm soup only
Saturday: 830am - 10am Breakfast
Third Friday of each month: 5pm - 7pm Supper

Victory Cafe and Soup Bar
Monday: 530pm - 645pm

B's Diner #6 10015-82ave (780) 414 - 6040
Wednesdays: 1pm - 3pm Lunch



Edmonton Family Worship 10613 - 95st (780) 424 - 6422
Sunday: 3pm - 5pm Lunch

Edmonton Centre Victory Church 10665-98st (780) 424 - 4803
8pm - 10pm Supper
Friday night coffee house: 7pm - 10pm

Canadian Native Friendship Centre 11205-101st (780) 479 - 1999
Wednesday: 6pm - 7pm Dinner
Friday: 12pm - 1pm Lunch

Marian Centre 10528-98st (780) 424 - 3544
M/T/T/F/Sat: 1230pm - 130pm
Sunday: 1230pm - 115pm
Bag lunches at back door

Hope Mission 9908-106ave (780) 422 - 2018
Breakfast: 8am - 845am
Lunch: 12 - 1245pm
Supper: 5pm - 545pm
Weekends and holidays
Brunch 11am - 1145am
Supper: 430pm - 515pm

St.Peters Lutheran Church 9606-110ave
T/W/T Breakfast: 7am - 9am

Crystal Kids 8718-118ave (780) 479 - 5753
Monday - Friday: 5pm Supper

House of Refuge 104ave 95st (780) 983 - 4123
Supper every day, after Gospel service that starts at 7pm
Drop-in: 5pm - 9pm

Fort Road Victory Church 13470 Fort Road (780) 475 - 1647
Monday - Friday: 4pm - 7pm
Hot soups, sandwiches, muffins, coffee/hot chocolate, fresh fruit.



Out Reach Vans

Winter Homeless Emergency Van (BSCS)
(780) 423 - 3122 ext. 261 (830am - 4pm)
Request winter emergency Response
(780) 554 - 2795 (cell)
2pm - 10pm Daily

Youth Shelters

Hope Mission Youth 9908 - 106ave, 2nd floor (780) 717 - 7649
930pm - 815am Intake till 2am

Inner City Youth Housing Project 13047-102st (780) 468 - 7070
9pm - 8am Last intake at 4am

Safe House (Catholic Social Services) 8815 - 99st (780) 432 - 1137 or (780) 474 - 9938
TRANS-FRIENDLY

Youth Emergency Shelter 9310-82ave (780) 468 - 7070



Change of Name, Address or Sex

Change of Name

There are three types of name changes: a legal name change, an assumed name change through marriage and reverting to a birth (maiden) name. For a legal name change, you must apply to Vital Statistics. Once approved, you will be issued a 'Legal Change of Name' certificate that you will need to present to a registry agent. For an assumed name change due to marriage, you will need to present your original marriage certificate to the registry agent. To revert back to a maiden name, you will need to present your marriage certificate or divorce decree in addition to your birth certificate. The *Operator Licensing and Vehicle Control Regulation of the Alberta Traffic Safety Act* requires that if a person changes their name, address or postal address, they must make application within 14 days of the change to have a new licence issued. For a legal name change, this would be 14 days from the time you receive your legal name change certificate. For assumed names, since the use of these names are optional, this would be 14 days from the time you start using the assumed name.

Change of Address

If you change your address, you are required by law to update the address information on your driver's licence and/or vehicle registration within 14 days. To do this, you may visit any registry agent. You will be required to provide acceptable identification (in addition to the driver's licence).

There is a fee for the change of address service and for printing the new driver's licence; however, it may be possible for you to renew your licence early at the same time, in which case you will pay only a renewal fee. The registry agent will retain your old licence and provide you with a temporary interim licence to use until your new licence arrives in the mail (7 to 10 business days). This interim licence will not have a photograph, so it is recommended that you carry some other form of photo ID (e.g., passport) if you anticipate requiring photo ID during these few days. If you have not physically moved but your address has been changed by Canada Post or the municipality, you may provide the letter issued by Canada Post or the municipality outlining the details and your change of address and new driver's licence will be provided free of charge.

There is no government fee to update the address information on your vehicle registration. You have three options available: your updated registration certificate can be mailed to you free of charge after the registry agent makes the update on the system, it can be printed right away at the registry agent office (for a service fee) or you may renew your registration early and extend your term and update the address simultaneously. When you renew your registration early, you will only pay the regular renewal fees, the address change is free.

For a list of fees, see the [Registry Agent product catalogue](#) (pdf).



Change of Sex

If you are under the care of an accredited psychologist or psychiatrist and will be undergoing sex reassignment surgery (SRS) in the future, you may change the sex designation on your driver's licence or identification prior to the surgery being completed. You will need to submit the required documentation outlined below to the Edmonton or Calgary Motor Vehicle District office for approval. Once approved, you may attend a registry agent for an updated operator licence or identification card.

Once your SRS is complete you must submit two affidavits: one from the surgeon or clinic that completed the procedure and one from your attending psychologist or psychiatrist, within 90 days of completion of the SRS. If you have decided not to complete the SRS, you must notify Motor Vehicles within 90 days of your decision not to complete the SRS. If your driver's licence or identification card is up for renewal and you are still in the program with the intent to complete the SRS, you must provide updated documentation as shown below, dated within 90 days, otherwise your sex designation will revert to the original designation.

Once approved, you have two options; have the sex designation changed on your card with no extension to the expiry date, or to avoid the replacement card fees, you may have the option to renew your driver's licence early. If this option is chosen, the normal renewal fees are applicable. Please discuss this option with your registry agent to see if you are eligible. You must reapply with the appropriate documentation at your next renewal.

The documentation that must be presented is:

- Letter from the client to the Director of Motor Vehicles requesting the change of sex. The letter must include your full legal name, date of birth, current address, telephone number and must be signed and dated within the last 90 days.
- Letter from your Psychologist or Psychiatrist who is an accredited member of any College of Physicians and Surgeons or College of Psychologists in Canada that you are under their care and, that in their opinion, the change of sex is appropriate. The letter must be signed and dated within the last 90 days.

To submit your application and documents you may take them to a registry agent and they will fax your documents to the district office. Optionally, you may also send your documents directly to one of the district offices below:

Calgary (South District)

Motor Vehicles, South District
Service Alberta Building
710 - 4 Avenue S.W.
Calgary, AB T2P 0K3

ATTN: Director

Edmonton (North District)

Motor Vehicles, North District
J.E. Brownlee Building
3rd floor, 10365 - 97 Street
Edmonton, AB T5J 3W7

ATTN: Director



RESOURCES.

Explore these resources to guide you in talking with your children about sexual health and well being. Visit your local library, bookstore or online bookseller; choose resources you feel comfortable with. Visit websites for additional information. Share those you like with your teenager.

FOR YOUNG CHILDREN.

It's Not the Stork: A Book About Girls, Boys, Babies, Bodies, Families and Friends By Robie Harris & Michael Emberley)

It's So Amazing!: A Book About Eggs, Sperm, Birth, Babies, and Families By Robie Harris & Michael Emberley

The Bare Naked Book By Kathy Stinson & Heather Collins

What's The Big Secret? Talking About Sex With Girls and Boys By Laurie Krasny Brown & Marc Brown

Where Did I Come From? By Peter Mayle

FOR OLDER CHILDREN AND YOUNG TEENS.

Boys, Girls & Body Science: A First Book About Facts of Life By Meg Hickling & Kim La Fave

Changes In You And Me: A Book About Puberty Mostly for Boys By Paulette Bourgeois, Martin Wolfish & Kim Martyn)

Changes In You And Me: A Book About Puberty Mostly For Girls By Paulette Bourgeois, Martin Wolfish & Kim Martyn

Hair In Funny Places By Babette Cole

It's Perfectly Normal: Changing Bodies, Growing Up, Sex And Sexual Health By Robbie Harris & Michael Emberley

My Body, Myself For Boys (What's Happening to My Body?) By Lynda Madaras and Area Madara)

My body, Myself For Girls (What's Happening to My Body?) By Lynda Madaras and Area Madara)

Sex, Puberty and All That Stuff: A Guide to Growing Up By Jacqui Bailey & Jan McCafferty

What's Happening To Me?: An Illustrated Guide To Puberty By Peter Mayle

WEB RESOURCES FOR TEENS.

advocatesforyouth.org

calgarysexualhealth.ca

optionssexualhealth.ca

sexetc.org

spiderbytes.ca

teenwire.com

calgaryoutlink.ca

goaskalice.columbia.edu

scarleteen.com

sexualityandu.ca

teachingsexualhealth.ca



FOR OLDER TEENS.

All The Way: Sex For The First Time By Kim Martyn

Cycle Savvy: The Smart Teens Guide to The Mysteries of Her Body By Tony Weschler

Deal With It! A Whole New Approach to Your Body, Brain and Life as a gURL By Esther Drill, Heather McDonald & Rebecca Odes

Doing It Right: Making Smart, Safe, and Satisfying Choices About Sex By Bronwen Pardes

S.E.X: The-All-You-Need-To-Know Progressive Sexuality Guide to Get You Through High School and College By Heather Corinna

The Care And Keeping of You: The Body Book For Girls By Valorie Schaefer & Norma Bendell

The Guy Book: An Owner's Manual By Mavis Jukes

FOR PARENTS.

Beyond The Big Talk: Every Parent's Guide To Raising Sexually Healthy Teens By Debra W. Haffner

But How'd I Get There In The First Place? Talking to Your Young Child About Sex By Deborah Roffman

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children By Debra W. Haffner & Alyssa Haffner Tartaglione

Our Bodies, Ourselves: A New Edition For A New Era By Boston Women's Health Book Collective

Ten Talks Parents Must Have With Their Children About Sex And Character By Pepper Schwartz & Dominic Cappello

The New Speaking of Sex: What Your Children Need to Know and When They Need to Know It By Meg Hickling

WEB RESOURCES FOR PARENTS.

calgaryoutlink.ca

cfsh.ca

iwannaknow.org

kidshealth.org

littlewarriors.ca

pflag.org

religiousinstitute.org

sexualityandu.ca

sieccan.org

siecus.org

talkingwithkids.org

teachingsexualhealth.ca

wontgetweird.com



Alberta GLBTQ-Friendly Resources

All of Alberta:

1-877-OUT-IS-OK (877-688-4765)

A toll free, twenty four hour support/crisis line operated by the Calgary Distress Center to support sexual minority and questioning youth

Parents and Friends of Lesbian and Gays (PFLAG) Canada National Support Line

Ph: 1-888-530-6777

<http://www.pflagcanada.com>

Youth Safe

Online resource directory for Alberta Youth

<http://youthsafe.net>

Bully Free Alberta

Online bullying prevention resource for parents, teens, and community members includes information on homophobic bullying.

<http://www.bullyfreealberta.ca>

AlbertaTrans.org

A website providing information, support, and connecting resources for anyone on the transgender spectrum, whether they identify as female, male or dual expression; transsexual, cross dresser, gender queer, drag, inter sexed, two-spirit, questioning, bi-gendered, androgynous, and regardless of sexual orientation.

Edmonton and Area

Pride Center of Edmonton

A community center for gay, lesbian, bisexual, transgender, two-spirit, queer and questioning individuals, their friends and families. Offer a variety of groups and services to members of the community. (Full list available on website)

9540-111th Avenue Edmonton AB. T5G 0A5

Ph: 1-780-488-3234

Email: admin@pridecenterofedmonton.org

<http://www.pridecenterofedmonton.org>

Parents and Friends of Lesbians and Gays (PFLAG) Edmonton

Ph: Ruby Swanson 1-780-436-1998 (after 6:00pm)

Email: edmontonab@pflagcanada.ca



All of Alberta:

Team Edmonton

Provides the gay, lesbian, bisexual, and transgendered communities with access to well organized and fun sporting events and other recreational activities to allow them to participate and interact in a positive social framework.

[Http://www.teamedmonton.ca](http://www.teamedmonton.ca)

Camp fYrefly

Canada has the largest lesbian, gay, bisexual, trans-identified, two-spirited and queer youth leadership retreat.

<http://www.fyrefly.ualberta.ca>

Youth Understanding Youth (YUY)

A social and support group LGBTQ youth in Edmonton and area. Meets Saturdays 7-9pm at the Pride Center.

<Http://www.yuyedm.ca>

Alt View

A social and support group for LGTBQ youth in Sherwood Park/Strathcona County

<Http://www.altview.ca>

Edmonton Prime Timers

Is a group of older (40+) gay and bisexual men and their parents. They meet the second Sunday of the month at 2:30pm, with the exception of December, July, and August, at the Unitarian Church at 10804-119th Street.

OUT Reach

U of A Students Group-meets during the school year on Tuesdays at 5pm, 620Athabasca Hall.

Email: ualberta.ca/-outreach

Options Sexual Health Association

(Formerly Planned Parenthood Edmonton)

They provide relationship counselling, pregnancy options, support services, information for individuals and groups concerning sexuality.

#50, 9912-106 Street Edmonton, AB. T5K 1C5

Ph: 780-423-3737

<http://www.optionssexualhealth.ca>



All of Alberta:

HIV Edmonton

Educates, supports and advocates for those infected and affected by HIV and related conditions

11456 Jasper Avenue Edmonton, AB. T5K0M1

Ph: 1-780-488-5742

<http://www.hivedmonton.com>

Edmonton STD Center

Suite 3B20, 11111-Jasper Avenue (Edmonton General Hospital) Edmonton, AB. T5K 0L4

Ph: 1-780-413-5156

Calgary & Area

Calgary Outlink: Center for Gender and Sexual Diversity

((Formerly Gay & Lesbian Community Services Association))

Provides support, safety and fellowship to Calgary's community of sexual and gender diversity.

#4, 1230A 17th Avenue SW Calgary, AB T2T 0B8

Ph: 403 234-8973

Email: info@calgaryoutlink.ca

www.calgaryoutlink.ca

Parents and Friends of Lesbians and Gays (PFLAG) Calgary

Ph: Jeny Mathews-Thusoo/Sean Alley 403-695-5791

Email: calgaryab@pflagcanada.ca

Apollo Friends in Sports

Provides the gay, lesbian, bisexual, and transgendered communities with access to well organized and fun sporting events and other recreational activities to allow them to participate and interact in a positive social framework.

Ph: 403 777-9499 ext. 3000

www.apollocalgary.com

Inside Out Youth Group

A peer facilitated Drop-In youth group for GLBTQ ages 15-25. It runs from 7 P.M. to 9 P.M. every Monday at OutLink (former GLCSA). It is a safe environment with a variety of resources and activities.

Ph: 403-234-8973

Email: insideout@calgaryoutlink.ca



Queers of Campus (formerly GLASS)

U of C Students Group – Peer support: Rm. 279R Students Union Club spaces. Coffee Night: 7 P.M., Second Cup, Kensington.

Ph: 403-220-6394

<http://people.ucalgary.ca/~gcampus/>

Aids Calgary

Education and resource centre providing community outreach, volunteering, support, information and training programs. 110, 1603 10th Avenue SW, Calgary, AB, T3C 0J7.

Ph: 403-508-2500

Email: info@aidscalgary.org

<http://www.aidscalgary.org>

Calgary Sexual Health Centre

Provides counselling and education services that help people consider their sexual and reproductive choices in informed and responsible ways.

304, 301-14th Street NW, Calgary, AB, T2N 2A1

Ph: 403-955-5580

Calgary STI Centre

5th floor, 1213 4th Street SW (Sheldon M. Chumir Health Centre) Calgary, AB, T2R 0X7

Ph: 403-955-6700

Red Deer & Area

Affirm

United Church GLBTQ group meets 2nd Tuesday at the Sunnybrook United Church @ 7 P.M.

Ph: 403-347-6063

Pride on Campus

Red Deer College Student Group

C/O SARDC, box 5005, Red Deer, AB, T4N 5H5

Outreach Line: 403-304-6789

Email: prideoncampus@hotmail.com



Central Alberta AIDS Network

Local charity responsible for all of the HIV prevention and support in the David Thompson Health Region.

4611 Central Ave, Red Deer, AB, T4N 3Z9

Ph: 403-346-8858

<http://www.caans.org>

Parents and Friends of Lesbians and Gays (PFLAG) Lacombe

Ph: Monica Loewen 403-782-5513

Email: lacombeab@pflagcanada.ca

Lethbridge and Area

Parents and Friends of Lesbians and /gays (PFLAG) Lethbridge and Area

PFLAG Lethbridge and Area is available 24 hours a day for information, crisis intervention, family mediation/counselling, individual counselling and support, and connection to other GLBTQ teens/parents and resources. Contact person is: Betty Neil, MSW, RSW, who is also a community mental health therapist for ages 15-26.

Ph: 403-382-4567 (W)/ 403-288-9597 (H)

Email: pflaglethbridge@hotmail.com

Lethbridge HIV Connection

A volunteer-based non-profit organization that provides leadership in building individual and community capacity to respond to, and reduce the harm associated with HIV and Hepatitis C in South-Western Alberta.

1206 6th Avenue South, Lethbridge, AB, T1J 1A4.

Ph: 403-328-8186

Email: lethhiv@teluspanet.net

<http://www.lethbridgehiv.com>

Medicine Hat

Parents and Friends of Lesbians and Gays (PFLAG) Hinton

Ph: Winn & Nigel Knight: 780-865-7459

Email: hintonab@pflagcanada.ca



HIV West Yellowhead

Offers weekly movie nights on the topics of sexual and gender diversity, free of charge.

622 Connaught Drive (Upstairs) Jasper, AB, T0E 1E0

Ph: 1-877-291-8811

<http://www.hivwestyellowhead.com>

Grand Prairie/ Peace Country

Gay and Lesbian Association of the Peace (GALAP)

Strives to improve the quality of life and empower the gay, lesbian, bisexual, transgender, and two-spirited community and its supporters through communication, education, participation, and understanding.

205, 10113 103rd Avenue, Grande Prairie, AB, T8V 1C2

Ph: 780-513-1990

Email: info@galap.org

<http://www.galap.org>

HIV North

Serves all the communities of the Peace Country region.

10116 102nd Ave, Grande Prairie, AB, T8V 1A1

Ph: 780-538-3388

Email: info@hivnorth.org

<http://www.hivnorth.org>

Fort McMurray

Wood Buffalo HIV & AIDS Society

Runs programs for people living with HIV and AIDS, as well as a group of GLBT individuals (Freedom Fort McMurray).

#002, 9908 Franklin Ave, Fort McMurray, AB, T9H 2K5

Ph: 780-743-9200

Email: daven@wbhas.ca (Daven Seebarran)

<http://www.wbhas.ca>



Resources for Youth and Young Adults

Basic Needs/Financial

Alberta Employment and Immigration (AEI)

Income Support Contact Centre (24/7) 780-644-5135

Edmonton Food Bank 780-425-4190

Money Mentors 780-423-5265

Youth Emergency Shelter (Under 19 yrs) 780-468-7070

Counselling (No Cost)

Catholic Social Services 780-420-1970

City of Edmonton Community Services

**Assessment and Short-Term Counselling* 780-496-4777

Cornerstone Counselling Centre 780-482-6215

The Family Centre 780-424-5580

Foundation for Families in Transformation (FFIT)

(Support for families in grievance of death,

Separation or divorce.) 780-448-1180

Jewish Family Services 780-454-1194

Psychologists' Association of Alberta

Referral Line Service 780-428-TALK (8255)

The Support Network

Walk-In Counselling (Call first) 780-482-0198

YWCA Edmonton – Counselling Centre 780-423-9922 x222

Crisis

AHS – Children's Mental Health

Community Response Team (CRT) 780-413-4733

Crisis Line (Telephone support; Not 24/7) 780-427-4491

Child & Family Services Region 6

Child Abuse Hotline (24/7) 1-800-387-5437

Kids Help Phone 1-800-668-6868

Salvation Army Community & Family Services

Teen Support Line 780-428-TEEN (8336)

Sexual Assault Centre of Edmonton (24/7) 780-423-4121

The Support Network

Distress Line (24/7) 780-482-HELP (4357)

Online Crisis Support www.thesupportnetwork.com



Health/Pregnancy/Sexuality

Alberta Health Services (AHS)

Birth Control Centre 780-735-0010
Pregnancy Testing and Counselling 780-735-0010
STD and HIV Testing 780-735-0010
Eating Disorder Program 780-407-6114
Health Link Alberta 780-408-LINK (5465)
Anorexics and Bulimics Anonymous 780-443-6077
OPTIONS Sexual Health Association 780-423-3737
Pride Centre of Edmonton – Youth Outreach 780-488-3234
Woman’s Health Options (abortion services) 780-484-1124

Life Skills/Education/Employment

Alberta Employment & Immigration

Career Information Hotline 780-422-4266
For local employment offices dial 211
Students Finance 780-427-3722

Alberta Learning Information Service (ALIS)

(careers/learning/employment info) www.alis.gov.ab.ca

Bredin Institute – Centre for Learning 780-425-3730

Youth Connections (16-24 yrs) 780-415-4968

Chimo –Chimo Life Skills Program (13-17 yrs) 780-420-0324

Edmonton Public Schools

Transition Support (17-19 yrs; special needs) 780-465-8007

Transition & Outreach (drop out) 780-429-8000

Centre High (upgrade/complete high school) 780-425-6753

Elizabeth Fry Society

Girls Empowered and Strong 780-784-2202



Recreation

Boys & Girls Clubs of Edmonton	780-422-6038
City of Edmonton Community Services	780-496-4999 (311)
<i>Leisure Access Program</i>	780-496-4918
Edmonton Sport Council (sport referrals)	780-497-7678
Kid Sport (funding; 5-18 yrs)	780-487-2666
Sport Central Association (no cost equipment)	780-477-1166
YMCA of Edmonton – Jumpstart (5-18 yrs)	780-429-5725

Substance Abuse/Addictions

AHS Addiction & Mental Health (FKA: AADAC)

<i>Youth Services (12-17 yrs)</i>	780-422-7383
Al-Anon Family Groups (including Lateen)	780-433-1818
Catholic Social Services – Genesis II – Youth And Family Substance Abuse Treatment	780-471-1122

Support

Boys and Girls Clubs of Edmonton	780-422-6038
Kids on Track Association	780-481-2942
Mill Woods Family Resource Centre	780-413-4521
<i>Child and Youth Groups</i>	780-413-4521
Northeast Teen Centre	780-475-2589
Old Strathcona Youth Society (14-24 yrs)	780-496-5947
Terra Centre for Pregnant and Parenting Teens	780-428-3772
The Support Network – Crisis Support Blog	www.crisissupport.blogspot.com
Youth Emergency Shelter Society	780-468-7070