

FEBRUARY 2021

Resources for Black Parents in Edmonton, Alberta



AUTHOR ANJOLAOLUWA OYELAMI

MENTORS NEISAU RAMCHARAN BSW, MSW, RSW
BUKOLA SALAMI RN, MN, PHD



HEALTH AND IMMIGRATION POLICIES AND PRACTICES
RESEARCH PROGRAM

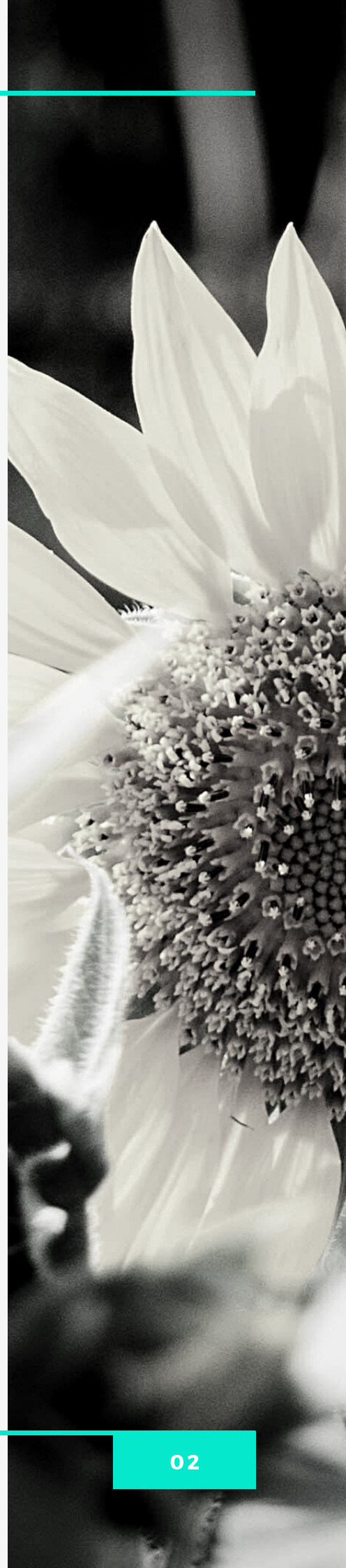
ACKNOWLEDGEMENTS

ADVISORY COMMITTEE MEMBERS

Abraham Abu
Christina Nsaliwa
Jeanne Lehman
Joy Thomas
Kemoh Mansaray
Sandra Muchekeza
Sophia Yohani

FUNDERS

Canada Summer Jobs
Department of Canadian Heritage
Government of Canada



INTRODUCTION

Welcome to the first edition of the Black Parent Resource Guide, provided by the Health and Immigration Policies and Practices Research Program. I am Anjola Oyelami, a high school student from Archbishop Macdonald and author of this first guide. This project was completed as part of my research training during the Black Youth Mentorship and Leadership Program.

The purpose of the Black Parent Resource Guide is to increase access to services for Black parents by improving knowledge of available supports. Previous work by Dr. Bukola Salami and members of the Health and Immigration Policies and Practice Research Program indicates Black parents experience challenges accessing services. In response to this, Dr. Salami organized a stakeholder engagement day in 2017 on African child well-being. Recommendations of the implementation committee created after the stakeholder engagement day to mobilize knowledge included the need to create a resource guide for Black parents.

We hope this resource guide will help improve Black children's well-being. The contents include 23 different categories of resources, most of which are based in Edmonton but some that are Alberta wide. I would like to acknowledge and thank Neisau Ramcharan, Bukola Salami, my mother, and family friends for their support in the development of this resource guide.

THE PURPOSE

The purpose of the '*Black Parent Resource Guide*' is to increase access to services for Black parents by improving knowledge of available supports.





TABLE OF CONTENTS

ACKNOWLEDGEMENTS	2
INTRODUCTION	3
BLACK HISTORY	5
BLACK LED SERVICE PROVIDERS	5
CAREER & EMPLOYMENT	7
CHILDCARE	8
CHILDREN'S EDUCATION & LEARNING	8
COMMUNITY, NETWORKING & VOLUNTEERING	9
DRAMA CLUBS/ CULTURAL DANCE	10
EDMONTON POLICE SERVICES	10
EXTRACURRICULAR ACTIVITIES	10
GENERAL DIRECTORIES	11
HEALTHCARE, DRUG COVERAGE AND HEALTH BENEFITS	11
HOUSING, SHELTER, FOOD & SECURITY	13
IMMIGRANT SERVICE PROVIDERS	14
INCOME SUPPORT, BENEFITS & CREDIT COUNSELLING	15
LEGAL	15
MEDIA	18
MENTAL & EMOTIONAL SUPPORTS	18
NUTRITION/ FOOD	20
PARENTING PROGRAMS	20
SCHOLARSHIPS	21
SPECIAL NEEDS/DISABILITIES	21
SPORTS & RECREATION	22
YOUTH PROGRAMS	23

WHAT RESOURCES DO BLACK PARENTS NEED?

1. BLACK HISTORY

[AFRO QUIZ](#)

- A YEARLY JEOPARDY-STYLE QUIZ FOR KIDS OF ALL AGES TO COMPETE AND CELEBRATE THE RICH HISTORY OF PEOPLE OF AFRICAN AND CARIBBEAN DESCENT AROUND THE GLOBE.

[NATIONAL BLACK COALITION OF CANADA EDMONTON](#)

- EVENTS TO SUPPORT BLACK YOUTHS IN THE EDMONTON COMMUNITY.
- EVENTS RELATED TO BLACK HISTORY MONTH CELEBRATIONS.

2. BLACK-LED SERVICE PROVIDERS

[AFRICA CENTRE](#)

- PROVIDES QUALITY PROGRAMMING AND ACCESS TO SERVICES FROM A PLACE OF CULTURAL AWARENESS AND COMPETENCY TO THE FAMILIES IN THEIR DIVERSE COMMUNITY.

[ALLIANCE JEUNESSE - FAMILLE DE L'ALBERTA SOCIETY](#)

- NON-PROFIT ORGANIZATION THAT AIMS TO PREVENT CRIME AMONG FRANCOPHONE FAMILIES AND YOUNG PEOPLE WITH IMMIGRANT BACKGROUNDS.

[BLACK CANADIAN WOMEN IN ACTION](#)

- A NON-PROFIT ORGANIZATION DEDICATED TO INSPIRING, EMPOWERING, AND ENGAGING BLACK WOMEN THROUGH THEIR [BLACK GIRLS POWER](#) PROGRAM AND [ACTIVE WOMEN PROGRAM](#).
- OFFERS MANY PROGRAMS FOR WOMEN AND GIRLS, SUCH AS:
 - THE BLACK GIRLS LEADERSHIP PROGRAM
 - THE INNER CHILD SERIES PROGRAM
 - BLACK GIRLS CORNER PROGRAM

[COUNCIL OF CANADIANS OF AFRICAN & CARIBBEAN HERITAGE](#)

- PROVIDES A TUTORING PROGRAM AND A COMPETITION FOR YOUTH (AFROQUIZ) TO CELEBRATE AND LEARN MORE ABOUT AFRICAN AND CARIBBEAN DESCENT.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

2.

BLACK-LED SERVICE PROVIDERS CONT.

[FRANCOPHONIE ALBERTAINE PLURIELLE \(FRAP\)](#)

- ACTIVITIES AND SERVICES TO HELP PROMOTE THE DIVERSITY AND SOCIAL, ECONOMIC, AND CULTURAL INCLUSION OF FRANCOPHONES.

[RIBBON ROUGE FOUNDATION](#)

- SERVES AFRICAN, CARIBBEAN, AND BLACK PEOPLE IN ALBERTA BY FACILITATING SYSTEMS CHANGE.

[SINKUNIA COMMUNITY DEVELOPMENT ORGANIZATION](#)

- PROVIDES MANY LOCAL AND INTERNATIONAL PROGRAMS ON TOPICS SUCH AS CULTURAL HERITAGE, SEXUAL HEALTH, LEADERSHIP, COUNSELLING, RELIEF SUPPORT FOR COMMUNITIES, SCHOLARSHIP FUNDS, ETC.

[SOMALI CANADIAN EDUCATION AND RURAL DEVELOPMENT ORGANIZATION \(SCERDO\)](#)

- NON-PROFIT ORGANIZATION THAT HOPES TO CREATE AN EFFECTIVE AND DYNAMIC ENVIRONMENT WHERE SCERDO, SOMALI COMMUNITIES, AND PARTNER ORGANIZATIONS CAN WORK TOGETHER TO ADVANCE EDUCATION AND SUSTAINABLE DEVELOPMENT OF THEIR COMMUNITY.

[SOMALI CANADIAN WOMEN & CHILDREN ASSOCIATION](#)

- PROVIDES SUPPORT FOR NEWCOMERS.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

3.

CAREER AND EMPLOYMENT

[ALIS ALBERTA: PLAN YOUR CAREER](#)

- TOOLS ON HOW TO PLAN YOUR CHILD'S FUTURE CAREER.

[BREDIN CENTER](#)

- EMPOWERS AND CONNECTS PEOPLE THROUGH EMPLOYMENT SERVICES PROGRAMS AND TRAINING PROGRAMS TO FULLY CONTRIBUTE TO THE COMMUNITY THROUGH CREATIVE PATHWAYS TO EDUCATION AND EMPLOYMENT.

[EMPLOYMENT AND TRAINING SERVICES](#)

- TRAINING PROGRAMS TO SUPPORT PEOPLE WHO ARE CURRENTLY UNEMPLOYED.
- TRAINING PROGRAMS IN EDMONTON INCLUDE:
 - SELF-EMPLOYMENT PROGRAM
 - PROFESSIONAL ASSURANCE AGENT
 - 'JOB PLUS' TRANSITION TO EMPLOYMENT SERVICES
 - CAREERLINK TRANSITION TO EMPLOYMENT SERVICES
 - DIVERSITY WORKS
 - CONSTRUCTING FUTURES - PROJECT MANAGEMENT INTEGRATED TRAINING
 - WORKinYEG (Career and Employment Information Services and Workplace Training)
 - CAREER LEAP
 - CHILD DEVELOPMENT WORKER
 - INFORMATION AND COMMUNICATION TECHNOLOGY
 - SELF-EMPLOYMENT PROGRAM
 - ALBERTA INDIGENOUS CONSTRUCTION CAREER CENTRE
 - FOUNDATIONS OF COOKING INTEGRATED TRAINING PROGRAM
 - YOUTH EMPLOYMENT SERVICES

[EDMONTON REGION IMMIGRANT EMPLOYMENT COUNCIL \(ERIEC\)](#)

- CAREER MENTORSHIP AND NETWORKING OPPORTUNITIES FOR SKILLED IMMIGRANTS IN EDMONTON.

[GOVERNMENT OF CANADA JOB BANK](#)

- FEDERAL GOVERNMENT JOB LISTINGS.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

4.

CHILDCARE

[ALBERTA CHILD CARE](#)

- SERVICES FOR CHILDCARE.
- INFORMATION ON CHILDCARE.

[ALBERTA CHILD CARE SUBSIDY PROGRAM](#)

- INFORMATION ON CHILD CARE SUBSIDIES AND HOW TO [APPLY](#) FOR ONE.

[CHILD CARE LOOKUP](#)

- SEARCH ENGINE TO FIND THE CHILD CARE THAT YOU NEED.

[EARLY LEARNING AND CHILD CARE CENTRE LOCATIONS](#)

- LISTS ADDRESSES IN ALBERTA THAT PROVIDE CHILDCARE SERVICES.
- HAS A SEARCH ENGINE FOR CHILDCARE FACILITIES IN ALBERTA.

5.

CHILDREN'S EDUCATION AND LEARNING

[ALBERTA EDUCATION](#)

- K-12 CURRICULUM AND PROGRAMS OF STUDY.
- TOLL FREE: 310-0000 (IN ALBERTA).
- PHONE: 780-427-2711 (OUTSIDE ALBERTA LONG DISTANCE CHARGES APPLY).

[ALBERTA SCHOOL COUNCILS' ASSOCIATION \(ASCA\)](#)

- EDUCATIONAL MATERIAL ALONG WITH HEALTH AND WELLNESS INFORMATION.
- PHONE: 780-454-9867

[COUNCIL OF CANADIANS OF AFRICAN & CARIBBEAN HERITAGE \(CCACH\)](#)

- UNDERTAKES AND SUPPORTS ACTIVITIES TO ENHANCE THE SOCIAL, ECONOMIC, AND EDUCATIONAL LIFE OF THE AFRICAN AND CARIBBEAN HERITAGE COMMUNITIES.
- TUTORING PROGRAM OFFERS ONE-ON-ONE ACADEMIC TUTORING FOR STUDENTS IN GRADES K-12.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

5. CHILDREN'S EDUCATION AND LEARNING CONT.

[EDMONTON PUBLIC LIBRARY](#)

- SUPPORTS SCHOOL-AGED STUDENTS WITH EDUCATIONAL TOOLS, HOMEWORK ASSISTANCE RESOURCES, AND FUN EXPERIENCES.

[MY CHILD'S LEARNING: A PARENT RESOURCE](#)

- SUMMARIES OF ALBERTA'S K-12 EDUCATIONAL OUTLINE.
- TOLL FREE: 310-0000 (IN ALBERTA).
- PHONE: 780-427-2711 (OUTSIDE ALBERTA LONG DISTANCE CHARGES APPLY).

6. COMMUNITY, NETWORKING, AND VOLUNTEERING

[BLACK CANADIAN WOMEN IN ACTION](#)

- A NON-PROFIT ORGANIZATION DEDICATED TO INSPIRING, EMPOWERING, AND ENGAGING BLACK WOMEN THROUGH THEIR [BLACK GIRLS POWER](#) PROGRAM AND [ACTIVE WOMEN PROGRAM](#).
- OFFERS MANY PROGRAMS FOR WOMEN AND GIRLS, SUCH AS:
 - THE BLACK GIRLS LEADERSHIP PROGRAM
 - THE INNER CHILD SERIES PROGRAM
 - BLACK GIRLS CORNER PROGRAM

[BLACK MOMS CONNECTION \(BMC\)](#)

- A FACEBOOK GROUP SOLELY FOR BLACK MOTHERS WHERE THEY CAN SHARE IDEAS, ENCOURAGE EACH OTHER, AND CONNECT. THERE ARE ALSO LOCAL CHAPTERS ON FACEBOOK FOR EDMONTON AND CALGARY.

[CATHOLIC SOCIAL SERVICES ALBERTA \(CSSA\) - FAMILY ENRICHMENT PROGRAM](#)

- A PROGRAM TO HELP PARENTS IMPROVE RELATIONSHIPS WITHIN THEIR FAMILIES.

[VOLUNTEER CONNECTOR](#)

- A SEARCHABLE DATABASE OF VOLUNTEER OPPORTUNITIES IN ALBERTA.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

7.

DRAMA CLUBS/ CULTURAL DANCE

[SANGEA ACADEMY](#)

- PROVIDES DIFFERENT PROGRAMS AND WORKSHOPS TO SHARE AND PRESERVE WEST AFRICAN CULTURE THROUGH MUSIC SO THAT THEY CAN BUILD CULTURAL BRIDGES AROUND THE WORLD.

[WOEZO AFRICA MUSIC AND DANCE THEATRE](#)

- PASSIONATELY DEDICATED TO BRINGING THE HISTORY OF AFRICAN CULTURE TO THE MASSES THROUGH TRADITIONAL AND MODERN MODES OF PERFORMING ARTS, INCLUDING DANCE, MUSIC, THEATRE, AND STORYTELLING.
- FOCUSES ON PERFORMING ARTS WITH VARIOUS DANCE CLASSES AND CELEBRITY WORKSHOPS TO ENTERTAIN AND EDUCATE. THEY ALSO DO PRODUCTION.

8.

EDMONTON POLICE SERVICES

[EDMONTON POLICE SERVICE](#)

- HELP FOR:
 - [CRIME AND TRAUMA-INFORMED SUPPORT SERVICES](#)
 - [DOMESTIC VIOLENCE](#)
 - [FAMILY PROTECTION](#)
 - [PERSONAL AND PROPERTY CRIME](#)

9.

EXTRACURRICULAR ACTIVITIES

[ACCENT ALBERTA](#)

- WORKSHOPS, EVENTS, RESOURCES, ONLINE ACTIVITIES, AND FAMILY SUPPORT FOR EXTRACURRICULAR ACTIVITIES IN FRENCH.

[BOYS AND GIRLS CLUB AND BIG BROTHERS BIG SISTERS OF EDMONTON AND AREA SOCIETY](#)

- PROVIDES PROGRAMS (INCLUDING MENTORSHIP / BIG BROTHERS BIG SISTERS) THAT INCREASE KIDS' CONFIDENCE AND SELF-ESTEEM, IMPROVE THEIR GRADES IN SCHOOL, HELP THEM HAVE POSITIVE INTERACTIONS WITH PEERS AND ADULTS, AND KEEP THEM OUT OF TROUBLE.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

9.

EXTRACURRICULAR ACTIVITIES CONT.

[CADETS CANADA](#)

- SEA, ARMY, AND AIR CADET PROGRAMS FOR YOUTH BETWEEN THE AGES OF 12 AND 19.
- OFFERS ONCE-IN-A-LIFETIME OPPORTUNITIES THAT DEVELOP LEADERSHIP SKILLS, CITIZENSHIP, AND SELF-CONFIDENCE.

10.

GENERAL DIRECTORIES

[211 EDMONTON RESOURCE LISTS](#)

- PROVIDES A LIST OF RESOURCES WITH CONTACT INFORMATION FOR VARIOUS AGENCIES AND PROGRAMS THAT ASSIST WITH PARTICULAR ISSUES.

[FAMILY AND COMMUNITY SUPPORT SERVICES](#)

- A LIST OF 2020 APPROVED FAMILY AND COMMUNITY SUPPORT SERVICES.

[COLLABORATING FOR CHANGE](#)

- PROGRAMS AND SERVICES FOR CHILDREN, YOUTH, PARENTS/CAREGIVERS, SENIORS, AND MANY MORE CATEGORIES.

11.

HEALTHCARE, DRUG COVERAGE, AND HEALTH BENEFITS

[ALBERTA ADULT HEALTH BENEFIT](#)

- LINKS ON HOW TO APPLY FOR HEALTH BENEFITS FOR ADULTS AND WHAT TO DO AFTER YOU APPLY.
- INFORMATION ON HEALTH BENEFITS FOR ADULTS IN ALBERTA.

[ALBERTA CHILD HEALTH BENEFIT](#)

- A PROGRAM WHERE LOW-INCOME FAMILIES CAN GET EYEGLASSES, PRESCRIPTION DRUGS, AND DENTAL CARE FOR THEIR KIDS.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

11. HEALTHCARE, DRUG COVERAGE, AND HEALTH BENEFITS CONT.

[ALBERTA HEALTH SERVICES](#)

- LINKS TO INFORMATION ABOUT FINDING HEALTHCARE, HEALTH IN GENERAL, AND COVID-19.

[BREASTFEEDING CLINICS](#)

- PROGRAMS AND SERVICES FOR BREASTFEEDING.

[FIND A DOCTOR](#)

- LINKS TO HELP YOU FIND A PHYSICIAN OR FAMILY DOCTOR AND A LINK TO A HEALTH LINE THAT WILL GIVE YOU INFORMATION AND SPECIALIST REFERRALS.

[GOVERNMENT OF ALBERTA CORONAVIRUS DISEASE](#)

- CURRENT COVID-19 INFORMATION FOR ALBERTANS AND HOW TO HELP PREVENT THE SPREAD.

[HEALTHY PARENTS HEALTHY CHILDREN](#)

- HEALTH INFORMATION FOR PREGNANT WOMEN AND PARENTS.

[IMMUNIZATION](#)

- INFORMATION ON IMMUNIZATION AND ANSWERS TO POTENTIAL QUESTIONS.

[MULTICULTURAL HEALTH BROKERS COOPERATIVE](#)

- SUPPORTS 25 DIFFERENT CULTURES BY PROVIDING PERI-NATAL HEALTH SERVICES, HOME VISITATION, INTERCULTURAL EARLY LEARNING, FOOD SECURITY PROGRAM, AND OTHER HEALTH AND SOCIAL SERVICES.

[NON-GROUP COVERAGE](#)

- INFORMATION ABOUT NON-GROUP COVERAGE FOR SUPPLEMENTARY HEALTH BENEFITS, ELIGIBILITY, BENEFITS COVERED, AND PREMIUMS.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

12. HOUSING, SHELTER, FOOD, AND SECURITY

[AFFORDABLE HOUSING PROGRAMS](#)

- AFFORDABLE HOUSING PROGRAMS.
- HOUSING OPTIONS FOR FAMILIES, SENIORS, AND INDIVIDUALS WITH SPECIAL NEEDS.

[ALBERTA COUNCIL OF WOMEN'S SHELTERS - FIND A SHELTER](#)

- DIFFERENT SHELTERS ALL ACROSS ALBERTA FOR WOMEN IN NEED.

[EDMONTON'S FOOD BANK](#)

- MANY PROGRAMS INCLUDING:
 - WAREHOUSE OPERATIONS
 - BEYOND FOOD PROGRAM
 - RETAIL FOOD PROGRAM
 - AND MANY MORE.
- COLLECTS DONATED FOOD AND DISTRIBUTE IT TO PEOPLE OF NEED IN THEIR COMMUNITY FREE OF CHARGE.

[WECAN FOOD BASKET SOCIETY OF EDMONTON](#)

- BUYS FOOD IN BULK AND DISTRIBUTES IT TO THEIR COMMUNITY-BASED DEPOTS. MEMBERS (\$5 ANNUALLY) HAVE ACCESS TO PURCHASE FRESH FOOD AT AFFORDABLE PRICES.

[YOUTH EMPOWERMENT & SUPPORT SERVICES \(Y.E.S.S.\)](#)

- THE ARMOURY RESOURCE CENTRE (ARC) OFFERS EMPLOYMENT PROGRAMS, MEDICAL ASSISTANCE, LEARNING OPPORTUNITIES THROUGH ART AND MUSIC, RECREATION, MEALS, AND LIFE SKILLS PROGRAMS. THROUGH THESE PROGRAMS, YOUTH FEEL SAFE AND SUPPORTED, WHICH EMPOWERS THEM TO MAKE POSITIVE CHANGES IN THEIR LIVES.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

13.

IMMIGRANT SERVICE PROVIDERS

[ACTION FOR HEALTHY COMMUNITIES](#)

- MENTAL HEALTH SUPPORT.

CATHOLIC SOCIAL SERVICES - [IMMIGRANT AND REFUGEE SUPPORT](#)

- SETTLEMENT SUPPORT, FAMILY SUPPORT, TRAINING/ EMPLOYMENT, AND MORE.

[EDMONTON IMMIGRANT SERVICES ASSOCIATION \(EISA\)](#)

- PROVIDES SERVICES TO NEW IMMIGRANTS, REFUGEES, AND FIRST-GENERATION CANADIANS TO HELP THEM SETTLE AND INTEGRATE INTO CANADIAN SOCIETY.
- SERVICES ARE DELIVERED AT MORE THAN 80 LOCATIONS INCLUDING SCHOOLS AND PUBLIC LIBRARIES IN EDMONTON, STRATHCONA COUNTY, ST. ALBERT, FORT SASKATCHEWAN, AND GRANDE PRAIRIE.

[FRANCOPHONIE ALBERTAINE PLURIELLE \(FRAP\)](#)

- PROVIDES SERVICES TO FRANCOPHONE NEWCOMERS, FAMILIES AND YOUTH, FRANCOPHONE IMMIGRANTS, AND FRANCOPHONE REFUGEES TO HELP THEM SETTLE AND INTEGRATE INTO CANADIAN SOCIETY.
- SERVICES ARE DELIVERED AT 20 LOCATIONS INCLUDING SCHOOLS AND PUBLIC LIBRARIES IN EDMONTON AND FORT MCMURRAY.
- COORDINATES THE SETTLEMENT WORKERS IN SCHOOLS (SWIS) PROGRAM IN THE PRAIRIES AND NORTHWEST TERRITORIES.
- HAS MANY SERVICES AND EVENTS TO MAKE INCLUSION AND REPRESENTATIVENESS EASIER IN ALL SECTORS OF ACTIVITY WITHIN THE ALBERTA FRANCOPHONIE AND CANADIAN SOCIETY, AND BRING THE VARIOUS COMMUNITIES CLOSER TOGETHER.

[MENNONITE CENTRE FOR NEWCOMERS](#)

- PROVIDES A MULTITUDE OF SUPPORT.

[NEWCOMER'S GUIDE TO EDMONTON](#)

- 12 THINGS YOU SHOULD KNOW ABOUT EDMONTON.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

14. INCOME SUPPORT, BENEFITS, AND CREDIT COUNSELLING

[ALBERTA INCOME SUPPORT](#)

- SERVICES AND INFORMATION FOR BASIC NECESSITIES (FOOD, CLOTHING, SHELTER, ETC.).

[COVID-19 BENEFITS AND SERVICES](#)

- BENEFITS AND SERVICES TO HELP CANADIANS AND BUSINESSES WHO HAVE FACED HARDSHIPS DURING THE COVID-19 PANDEMIC. SERVICES ARE DELIVERED AT MORE THAN 80 LOCATIONS INCLUDING SCHOOLS AND PUBLIC LIBRARIES IN EDMONTON, STRATHCONA COUNTY, ST. ALBERT, FORT SASKATCHEWAN, AND GRANDE PRAIRIE.

[EMPLOYMENT INSURANCE \(EI\) BENEFITS AND LEAVE](#)

- INFORMATION ON BENEFITS FOR DIFFERENT SITUATIONS AND A LINK TO ASSIST YOU IN FINDING A JOB.

[GENERAL BENEFITS FINDER](#)

- A TOOL TO HELP YOU FIND BENEFITS FOR WHICH YOU MAY BE ELIGIBLE.

[MONEY MENTORS](#)

- DEBT HELP AND FINANCIAL EDUCATION SERVICES.

15. LEGAL

[ABUSE AND THE LAW IN ALBERTA - WILLOWNET](#)

- LINKS FOR LEARNING ABOUT ABUSE, HOW TO GET OUT, WHEN THE LAW GETS INVOLVED, AND SPECIAL INFORMATION.

[ALBERTA COURT SERVICES](#)

- LINK TO ALL THREE ALBERTA COURTS WITH INFORMATION ON RULES OF THE COURT, FAMILY COURT, CIVIL COURT, AND MUCH MORE.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

15.

LEGAL CONT.

[ALBERTA HUMAN RIGHTS COMMISSION](#)

- INFORMATION ON THE RIGHTS AND RESPONSIBILITIES OF EMPLOYEES IN ALBERTA.

[CENTRE FOR PUBLIC LEGAL EDUCATION ALBERTA \(CPLEA\)](#)

- PROVIDES LEGAL INFORMATION ON CHILD WELFARE, CONSUMER LAW, EMPLOYMENT LAW, HOME OWNERSHIP, HUMAN RIGHTS LAW, LANDLORD AND TENANT LAW, AND YOUTH LAW.

[CHILD SUPPORT](#)

- HELP TO RECEIVE CHILD CARE SUPPORT.

[CONDO LAW FOR ALBERTANS](#)

- LEGAL INFORMATION AND RESOURCES FOR BUYERS, OWNERS, FINANCES, ETC.

[COURT OF QUEEN'S BENCH - FAMILY LAW DISPUTE RESOLUTION SERVICES](#)

- LINKS FOR:
 - FAMILY/YOUTH/CRIMINAL/CIVIL PROCESS
 - PARENTING/CHILD SUPPORT TOOLS
 - DIVORCE/MEDIATION
 - TRAFFIC TICKETS/FINES
 - AND MORE FAMILY-RELATED SITUATIONS

[EMPLOYMENT STANDARDS](#)

- INFORMATION AND SERVICES ON RULES, REGULATIONS, AND COMPLIANCE MEASURES FOR EMPLOYERS AND EMPLOYEES IN ALBERTA WORKPLACES.

[EDMONTON COMMUNITY LEGAL CENTRE \(ECLC\)](#)

- PROGRAMS AND SERVICES SUCH AS:
 - LEGAL CLINICS
 - LEGAL EDUCATION
 - CIVIL LAW PROGRAM
 - FAMILY LAW PROGRAM
 - AND MANY MORE

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

15.

LEGAL CONT.

[LEGAL AID ALBERTA](#)

- INCLUDES:
 - ADULT CRIMINAL LAW
 - YOUTH CRIMINAL LAW
 - FAMILY LAW
 - MENTAL HEALTH LAW
 - IMMIGRATION AND REFUGEE LAW
 - CIVIL LAW
 - FAMILY VIOLENCE MATTERS

LAW SOCIETY OF ALBERTA'S [FIND A LAWYER AND LAWYER REFERRAL SERVICE](#)

- A LAWYER DIRECTORY AND REFERRAL.
- LINKS TO EMAIL OR CALL A LAWYER.

[LAWS FOR LANDLORDS AND TENANTS IN ALBERTA](#)

- INFORMATION ON WHAT THE LAW IS FOR:
 - LEGISLATION
 - LEASES
 - SECURITY DEPOSITS
 - INSPECTION REPORTS
 - RESPONSIBILITIES
 - ROOMMATES AND SUBLETTING
 - REPAIRS
 - NOTICES
 - DISPUTES

[OFFICE OF THE PUBLIC GUARDIAN AND TRUSTEE \(OPGT\)](#)

- HELPS FAMILIES UNDERSTAND SPECIFIC DECISION-MAKING, CO-DECISION-MAKING, ADULT GUARDIANSHIP, TRUSTEESHIP, AND SUPPORTED DECISION-MAKING.

[RESIDENTIAL TENANCY DISPUTE RESOLUTION SERVICE](#)

- LEGAL INFORMATION AND SERVICE FOR HOW BOTH TENANTS AND LANDLORDS CAN SOLVE DISPUTES.

[REPRESENTING YOURSELF](#)

- A PDF BOOKLET EXPLAINING HOW THE LEGAL SYSTEM IN ALBERTA WORKS, INFORMATION FOR PEOPLE WHO ARE LEGALLY MARRIED, AND SOME TIPS AND HINTS THAT CAN HELP YOU NAVIGATE THE LEGAL SYSTEM.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

16.

MEDIA

[AFRO-YEG RADIO](#)

- 24/7 ONLINE STREAMING RADIO STATION IN EDMONTON THAT PLAYS MUSIC AND HAS TALK SHOWS EVERY SATURDAY AND SUNDAY.

[DIVERSITY MAGAZINE](#)

- A MULTICULTURAL ONLINE MAGAZINE THAT INFORMS ON COMMUNITY, TRAVEL, LIFESTYLE, BUSINESS, AND MORE.

[DIVERSITY TV](#)

- AN EXTENSION OF DIVERSITY MAGAZINE WHERE THEY HOST TALK SHOWS WITH POLITICAL PARTY MEMBERS IN ALBERTA AND SOMETIMES HAVE LIVE DISCUSSIONS WITH THE AUDIENCE.

17.

MENTAL AND EMOTIONAL SUPPORTS

[AHS ACCESS 24/7](#)

- PROVIDES A RANGE OF URGENT AND NON-URGENT ADDICTION AND MENTAL HEALTH SERVICES, INCLUDING SERVICE NAVIGATION, SCREENING, ASSESSMENT, REFERRAL, CONSULTATION, CRISIS INTERVENTION, OUTREACH, AND SHORT-TERM STABILIZATION.
- ADDRESS: ANDERSON HALL, 10959 102 STREET, EDMONTON, ALBERTA T5H 2V1.
- PHONE: 780-424-2424

[ALBERTA ASSOCIATION OF BLACK SOCIAL WORKERS \(AABSW\)](#)

- A NON-PROFIT ORGANIZATION OF SOCIAL WORKERS IN ALBERTA WITH MENTAL HEALTH, CASE MANAGEMENT AND ADVOCACY, CHILD WELFARE, HEALTHCARE, AND SYSTEM NAVIGATION EXPERTISE.

[ALBERTA BLACK THERAPISTS NETWORK \(ABTN\)](#)

- A NON-PROFIT ORGANIZATION PROVIDING A DIRECTORY OF BLACK MENTAL HEALTH PROFESSIONALS SERVING RESIDENTS OF ALBERTA.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

17. MENTAL AND EMOTIONAL SUPPORTS CONT.

[ALBERTA HEALTH SERVICES](#)

- LINKS TO RESOURCES TO HELP PARENTS AND GUARDIANS WITH ADDICTION AND MENTAL HEALTH.

CAREGIVERS ALBERTA - [CAREGIVER SUPPORT](#)

- PROGRAMS AND SERVICES FOR PEOPLE PROVIDING CARE TO A LOVED ONE. PROGRAMS AND SERVICES FOCUS ON EMPOWERING AND SUPPORTING CAREGIVERS BY PROMOTING THEIR WELL-BEING. PROGRAMS INCLUDE DROP-IN AND REGISTERED GROUP EDUCATION AND PEER SUPPORT FOR CAREGIVERS, ONE-TO-ONE SUPPORT VIA PHONE, AS WELL AS EMAIL AND IN-PERSON (DURING OFFICE HOURS) SERVICES INCLUDING RESOURCE INFORMATION, EMOTIONAL SUPPORT, AND CAREGIVER TIPS.

[CANADIAN MENTAL HEALTH ASSOCIATION](#)

- 24-HOUR DISTRESS LINE: 780-482-HELP (4357).
- CHAT ALSO AVAILABLE AT SPECIFIC TIMES.

[CASA SERVICES](#)

- MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH AGES 0-18.

[FIND A PHYSICIAN](#)

- A SEARCH ENGINE TO FIND A DOCTOR FOR DIFFERENT MEDICAL ISSUES. THROUGH FAMILY DOCTORS, YOU CAN ACCESS OTHER PRIMARY CARE PROFESSIONALS SUCH AS SOCIAL WORKERS, DIETICIANS, AND MENTAL HEALTH NURSES, IN ADDITION TO GROUPS AVAILABLE THROUGH THE PRIMARY CARE NETWORKS TO WHICH FAMILY PHYSICIANS BELONG.

[MOMENTUM WALK-IN COUNSELLING](#)

- MENTAL HEALTH COUNSELLING FACILITY.

[MENNONITE CENTER FOR NEWCOMERS](#)

- OFFERS COUNSELING FOR FAMILIES AND COUPLES, MENTAL HEALTH SERVICES, AND REFERRALS FOR INDIVIDUALS.

[THE FAMILY CENTRE](#)

- PROVIDES [DROP-IN, SINGLE-SESSION COUNSELLING](#), AND CLASSES FOR PARENTS AND COUPLES.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

18.

NUTRITION/FOOD

[CANADA'S FOOD GUIDE](#)

- A GUIDE TO HOW MUCH OF EACH FOOD GROUP YOU SHOULD BE EATING A DAY.
- HAS INFORMATION ON FOOD CHOICES, EATING HABITS, AND RECIPES.

19.

PARENTING PROGRAMS

[ALBERTA PARENTING FOR THE FUTURE ASSOCIATION](#)

- OFFERS PROGRAMS AND SERVICES FOR POSITIVE PARENTING TOOLS, STRATEGIES, INFORMATION, AND SUPPORT.
- PROVIDES OPPORTUNITIES FOR PARENTS TO CONNECT WITH OTHER PARENTS AND CAREGIVERS.

[ASSIST COMMUNITY SERVICES CENTRE](#)

- PARENTING PROGRAMS FOR NEWCOMERS AND REFUGEE FAMILIES WITH CHILDREN AGES 0-18.

[FAMILIES MATTER](#)

- PROMOTES CHILD DEVELOPMENT, EMPOWERS FAMILIES TO BE RESILIENT, AND FOSTERS POSITIVE FAMILY RELATIONSHIPS.

[MENNONITE CENTRE](#)

- OPPORTUNITIES TO DISCUSS PARENTING CONCERNS AND CONNECT WITH OTHER NEWCOMER PARENTS TO SHARE EXPERIENCES.

[THE FAMILY CENTRE - PARENTING CLASSES](#)

- CLASSES FOR FAMILIES.
- PARENTING CLASSES DEPENDING ON CHILD(REN)'S AGE.
- AFTER SEPARATION CLASSES.

[TRIPLE P POSITIVE PARENTING PROGRAM](#)

- ONLINE TRAINING PROGRAM THAT HELPS PARENTS TO RAISE HAPPY, CONFIDENT CHILDREN, MANAGE BEHAVIOURS, SET RULES/ROUTINES, AND TAKE CARE OF THEMSELVES AS PARENTS.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

19.

PARENTING PROGRAMS CONT.

[YMCA FAMILY TIES PROGRAM](#)

- A PROGRAM THAT PROVIDES IN-HOME TARGETED AND INTENSIVE SUPPORT FOR FAMILIES WITH CHILDREN 7-18 YEARS OF AGE.
- SUPPORT TO INCREASE FAMILY'S SKILLS AND ABILITIES TO MANAGE PARENTAL STRESSORS AND TO ENHANCE PARENTS' ABILITY TO CARE FOR THEIR CHILDREN.

20.

SCHOLARSHIPS

[EDMONTON COMMUNITY FOUNDATION](#)

- COMMUNITY GRANTS AND STUDENT AWARDS.

[BLACK FOUNDATION OF COMMUNITY NETWORKS \(BFCN\) SCHOLARSHIP DIRECTORY](#)

- SCHOLARSHIP DIRECTORY FOR STUDENTS PURSUING POST-SECONDARY UNDERGRADUATE EDUCATION IN CANADA.

21.

SPECIAL NEEDS / DISABILITIES

[ALBERTA AIDS TO DAILY LIVING](#)

- PROVIDES [BASIC MEDICAL EQUIPMENT AND SUPPLIES](#) FOR LONG-TERM DISABILITY AND CHRONIC OR TERMINAL ILLNESS.

[ASSURED INCOME FOR THE SEVERELY HANDICAPPED \(AISH\)](#)

- A FINANCIAL AND HEALTH BENEFIT FOR ELIGIBLE ADULTS WITH PERMANENT MEDICAL CONDITIONS THAT PREVENT THEM FROM EARNING A LIVING.

[FAMILY SUPPORT FOR CHILDREN WITH DISABILITIES \(FSCD\)](#)

- PROVIDES SUPPORT TO ELIGIBLE CHILDREN WITH A DISABILITY AND/OR HEALTH CONDITION.
- SUPPORTS MAY INCLUDE SPECIAL CLOTHING, FOOTWEAR, COUNSELLING, HELP WITH COSTS TO ATTEND MEDICAL APPOINTMENTS (PARKING, MILEAGE, MEALS, ACCOMMODATION AND SIBLING CARE), RESPITE SERVICES (TEMPORARY BREAK FOR THE PARENT(S)), PERSONAL CARE AIDES, HELP WITH OTHER COSTS SUCH AS MEDICATIONS AND PRESCRIBED DIETS, SPECIALIZED SERVICES, TRANSITION SUPPORT AND SERVICES, AND COORDINATION ASSISTANCE.

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

21.

SPECIAL NEEDS / DISABILITIES CONT.

[PERSONS WITH DEVELOPMENTAL DISABILITIES \(PDD\)](#)

- HELPS ADULTS WITH DEVELOPMENTAL DISABILITIES ACCESS SERVICES THAT PROMOTE INDEPENDENT LIVING.

22.

SPORTS AND RECREATION

[ACTIVE AFTER SCHOOL](#)

- EVENTS, TRAINING, AND RESOURCES ON ACTIVE SCHOOL ACTIVITIES.

[ACTIVE FOR LIFE](#)

- TIPS ON HOW TO STAY FIT AND HAVE FUN AT HOME.

[ALIGN](#)

- LINKS TO FREE OR DISCOUNTED RECREATIONAL FUN ACROSS ALBERTA.

[BE FIT FOR LIFE](#)

- PROGRAMS AND ACTIVITY IDEAS TO BE FIT AT HOME.

[CANADIAN TIRE JUMP START PROGRAM](#)

- PROVIDE FUNDING FOR PROGRAMS INVOLVING SPORT OR PHYSICAL ACTIVITY.
- CHILDREN BETWEEN THE AGES OF 4 AND 18 MAY BE ELIGIBLE FOR FUNDING.

[CITY OF EDMONTON'S LEISURE ACCESS PROGRAM](#)

- SUBSIDIZED RECREATION PASSES FOR LOW-INCOME FAMILIES.

[SPECIAL NEEDS SPORTS](#)

- LINKS FOR DIFFERENT SPORTS IN WHICH KIDS WITH SPECIAL NEEDS CAN PARTICIPATE.

[YMCA FITNESS SUBSIDY](#)

- FAMILIES OR INDIVIDUALS UNABLE TO PAY THE FULL FEE FOR A YMCA MEMBERSHIP, SUMMER DAY CAMP (2 CAMPS PER YEAR), AND DAY CAMPS (WINTER/SPRING BREAK) ARE ENCOURAGED TO APPLY FOR FINANCIAL ASSISTANCE. APPLICANTS ARE PRE-APPROVED IF A VERIFIED RECIPIENT OF INCOME SUPPORT (IS).

WHAT RESOURCES DO BLACK PARENTS NEED? CONT.

23.

YOUTH PROGRAMS

[CHILDREN AND YOUTH PROGRAMS](#)

- DIFFERENT PROGRAMS AND YOUTH SERVICES FOR CHILDREN IN CALGARY.

[CO-OPERATIVE YOUTH LEADERSHIP PROGRAM](#)

- A 7-DAY SUMMER CAMP FOR KIDS AND TEENAGERS AGES 11-18

[THEATRE ALBERTA](#)

- A SPACE DEDICATED TO THE YOUNG PEOPLE OF ALBERTA WITH A PASSION FOR THEATRE AND A DRIVE TO LEARN MORE ABOUT THE ART OF CREATING IT!
- INFORMATION ABOUT LEARNING OPPORTUNITIES IN ALBERTA FOR YOUNG PEOPLE TO EXPLORE AND CREATE THEATRE.
- LINKS TO POST-SECONDARY DRAMA PROGRAMS ACROSS THE PROVINCE, PUBLIC PERFORMANCES OF FAMILY-FRIENDLY THEATRE PRODUCTIONS, AND GUIDANCE ON PICKING AND REHEARSING MONOLOGUES.



WE HOPE TO CONTINUE TO REVISE THIS RESOURCE GUIDE EACH YEAR. IF YOU HAVE INFORMATION YOU WOULD LIKE TO SEE INCLUDED IN THIS RESOURCE GUIDE, PLEASE EMAIL IMMIGRANT.HEALTH@UALBERTA.CA.

