

Help for Albertans affected by layoffs

Alberta Supports & Alberta Works

Alberta Supports helps connect lower income Albertans, persons with disabilities, seniors and children and youth to more than 120 benefits and services such as:

- Alberta Works programs that assist with basic needs like income support and health benefits, as well as employment and training services
- abuse and bullying prevention services
- supports for homelessness and other emergency situations.

Albertans can get help three ways:

Call the Alberta Supports Contact Centre:

1-877-644-9992
780-644-9992 (Edmonton)
7:30 a.m. to 8 p.m., Monday to Friday

Click on myalbertasupports.ca to find supports to meet your needs and apply online for some benefits

Come in to an **Alberta Supports Centre** or an **Alberta Works Centre** listed at humanservices.alberta.ca/offices

Or, get information on the alberta.ca website for:

- *Employment and Training Services* including current career, workplace and labour market information, career

planning, job-search assistance, job bank access and guidance with academic upgrading and job skills training.

humanservices.alberta.ca/albertaworks

- *Income Support* for Albertans who are looking for work, not earning enough or unable to work for a short time, need training to get a job, or cannot work due to chronic health problems or concerns. humanservices.alberta.ca/albertaworks
- The *Alberta Adult Health Benefit* program helps low income Albertans access prescription drugs, dental services, optical services, emergency ambulance and diabetic supplies that are essential to health and well-being. Albertans may qualify if they are leaving Income Support or Assured Income for Severely Handicapped programs for a job. Pregnant women and households with high ongoing prescription drug needs can also apply. humanservices.alberta.ca/AAHB
- The *Alberta Child Health Benefit plan* pays for health services, such as eyeglasses, prescription drugs and dental care that are not available through standard Alberta Health Care Insurance. This plan is for families with limited incomes, and provides coverage for children up to age 18, and up to age 20 if they live at home and are attending high school up to grade 12. humanservices.alberta.ca/ACHB

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Career Information Hotline

Career counsellors provide consulting and referral service for occupation, education and training options, job search skills and career transitions by phone:

1-800-661-3753
780-422-4266 (Edmonton)
8:15 a.m. to 4:30 p.m., Monday to Friday

Online Employment Resources

Job Fairs Calendar

humanservices.alberta.ca/jobfairs

Canada-Alberta Job Bank

jobbank.gc.ca

Canada's largest job bank features job-search, job-match, and job-alert services that will help you find your next job faster and easier.

Facebook - Alberta Job Pages

Information on training programs, job postings, job fairs, workshops, local employment information and links to helpful job support tools at:

Alberta Aboriginal Training and Jobs:
[facebook.com/AboriginalTrainingJobs](https://www.facebook.com/AboriginalTrainingJobs)

Calgary Jobs: [facebook.com/calgaryjobsfeed](https://www.facebook.com/calgaryjobsfeed),
twitter.com/CalgaryJobFeed

Central Alberta Jobs (Red Deer, Drumheller, Lloydminster, Drayton Valley, Olds):
[facebook.com/centralalbertajobs](https://www.facebook.com/centralalbertajobs)

Edmonton Jobs: [facebook.com/edmontonjobs](https://www.facebook.com/edmontonjobs)

Fort McMurray Jobs (greater Wood Buffalo area): [facebook.com/fortmcmurrayjobs](https://www.facebook.com/fortmcmurrayjobs)

Lethbridge Jobs (Lethbridge and surrounding area): [facebook.com/Lethbridgejobs](https://www.facebook.com/Lethbridgejobs)

Medicine Hat Jobs:
[facebook.com/Medicinehatjobs](https://www.facebook.com/Medicinehatjobs)

Alberta Learning Information Service (ALIS)

alis.alberta.ca

Resources for career explorers and job seekers including:

- Job fair calendar
- Job-search tip sheets
- Labour market research
- Links to dozens of job banks
- CareerInsite career-planning tool
- Free online resumé review service
- Creating a New Future: The Job Loss Workbook

Emotional Supports

24-hour Helplines

Health Link: Call 811 for health advice 24/7
Mental Health Helpline: 1-877-303-2642
Edmonton Distress Line: 780-482-4357
Calgary Distress Line: 403-266-1605
Emergency Family Violence Info Line: Call toll free 310-1818 for help in more than 170 languages.

Emergency Financial Support

24-hour help with emergency costs for basics like shelter, food, clothing and transportation by calling the Income Support Contact Centre:

1-866-644-5135
780-644-5135 (Edmonton)