

# Income and Economic Support for Immigrants



Service only available for Canadian citizens and permanent residents

## Alberta Works

### Available benefits

Depending on your needs, ability to work and size of your family, you may get money for:

**Basic expenses: food, clothing and shelter, childcare, special diets, utility connection fees, work-related expenses, unexpected emergencies, costs to leave family violence, school expenses for children**

### Main Alberta Supports Contact Centre

✉ [css.ascc@gov.ab.ca](mailto:css.ascc@gov.ab.ca)

☎ (780)-415-4900

🌐 <https://www.alberta.ca/income-support.aspx>

7:30 am to 8 pm (Monday to Friday, closed stat holidays)

### 24-hour Emergency Income Support Contact Centre

✉ [css.iscc@gov.ab.ca](mailto:css.iscc@gov.ab.ca)

☎ 1-866-644-5135



You may use these online resources to find job postings in your area

**Indeed** 🌐 <https://ca.indeed.com/>

Indeed is the #1 job site in the world<sup>1</sup> with over 250 million unique visitors every month. Indeed strives to put job seekers first, giving them free access to search for jobs, post resumes, and research companies. Every day, we connect millions of people to new opportunities.

**Monster** 🌐 <https://www.monster.ca/>

Monster is a global leader in connecting people and jobs.

**Canada Job Bank** 🌐 <https://www.jobbank.gc.ca/home>

Job Bank is Canada's national employment service, available as a website and mobile app. We help Canadians find work and plan their careers, and we make it easier for employers to recruit and hire across the country.

## Economic support

Employment guidance, Career support, Resume help, Job search support, language training

### Helping newcomers in French

#### Francophonie Albertaine Plurielle (FRAP)

FRAP's mission is to offer services in French allowing the reception, settlement and re-establishment of Francophone newcomers in Alberta and to promote diversity and social, economic and cultural inclusion of Francophones.

✉ [info@frap.ca](mailto:info@frap.ca)

☎ (780) 540-7604

🌐 <https://www.frap.ca/>

### Support multiple languages

#### Edmonton Mennonite Centre for Newcomers

EMCN offers various programs and services, from helping you with your resume to supporting you with your job search, EMCN is here to help you obtain employment

✉ [info@emcn.ab.ca](mailto:info@emcn.ab.ca)

☎ (780) 424 7709

🌐 <https://emcn.ab.ca/>

### Support multiple languages

#### Action for Healthy Communities

Our Employment Supports team has expertise in facilitating information and knowledge sharing about Alberta employers and industry sectors, the Alberta job market, integration of newcomers into the Alberta workforce, certifications and credentials, job search techniques, career opportunities, employment trends, and much more.

✉ [communications@a4hc.ca](mailto:communications@a4hc.ca)

☎ (780) 944-4687

🌐 [a4hc.ca](http://a4hc.ca)

### Support multiple languages

#### 211 - Alberta

211 is an essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. 211 is available 24/7 by phone, text and chat. The service is free, confidential and available in over 170 languages over the phone.

✉ [info@ab.211.ca](mailto:info@ab.211.ca)

☎ 211

🌐 <https://ab.211.ca/>

### Support multiple languages

#### Catholic Social Services

Our programs include: settlement & employment supports, English, Math and Computer training, children & youth programs, small business supports, a resource room facility, and volunteer opportunities.

✉ [info@cssalberta.ca](mailto:info@cssalberta.ca)

☎ (780) 424-3545

🌐 [www.cssalberta.ca/](http://www.cssalberta.ca/)

### Migrante Alberta

Migrante is a non-profit advocacy and self help organization. In Alberta, we address the immediate issues facing migrants and our compatriots. We provide assistance through referrals, advocate and campaign on migrants' issues. We work closely with labour unions and community based organizations

✉ [migrantealberta@gmail.com](mailto:migrantealberta@gmail.com)

☎ (587) 882-3210

🌐 [www.migrantealberta.ca](http://www.migrantealberta.ca)



This work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.