

Resources for Pregnancy / New Parents

November 2018



Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Crisis (Call 911 if in immediate danger)

Alberta Health Services (AHS) - *Healthy Beginnings Hotline*
(24/7; postpartum) 780-413-7990
Canadian Mental Health Association (CMHA)
Distress Line (24/7) 780-482-HELP (4357)
Government of Alberta
Child Abuse Hotline (24/7) 1-800-387-5437
Kids Kottage - *Crisis Line and Nursery (24/7)* 780-944-2888

Abortion Clinic Information / Referral

Woman's Health Options
(*pro-choice; abortion services*) 780-484-1124

Adoption and Fostering

Adoption by Choice 780-448-1159
Adoption Options Alberta Ltd. 780-433-5656
Christian Adoption Services 780-438-3455
Government of Alberta - Ministry of Children's Services
Adoptions / Foster Parent Recruitment..... 780-422-3333

Birth Preparation

Alberta Health Services (AHS)
Health for Two 780-735-3008
(*information and nutritional programs offered at various
community agencies; call for locations*)
Prenatal Class Registration 780-401-BOOK (2665)
Prenatal Education Program..... 780-735-4204
Multicultural Health Brokers Co - op..... 780-423-1973
Terra Centre for Teen Parents 780-428-3772

Breastfeeding Information and Support

Alberta Health Services (AHS)
Healthy Beginnings Hotline (24/7) 780-413-7990
La Leche League (*breastfeeding info and support*). 780-478-0507

Child Car Seat Safety Information

Government of Alberta - *Traffic Safety* 780-427-8901
..... www.saferoads.com

Health and Developmental Delays

Alberta Health Services (AHS)
Early Intervention Program (0-3.5yrs)..... 780-342-1707
Health Link (24/7) 811
Healthy Beginnings Hotline (24/7) 780-413-7990
Multicultural Health Brokers Co - op..... 780-423-1973

Multiple Births

Edmonton Twin and Triplet Club 780-455-5520

Post - Abortion Support

Compass Centre for Sexual Wellness (*pro-choice*) .780-423-3737
Pregnancy Care Centre
Abortion Recovery Centre (pro-life)..... 780-454-5911

Postpartum Depression

Family Futures Resource Network
Managing Motherhood 780-413-4521
Parent Link Centre See Information and Support below

Pregnancy Loss / Parent Bereavement

Baby's Breath (*FKA: SIDS Canada*) 1-800-363-SIDS (7437)
Grieving Parents Society of Edmonton 780-451-5381
ParentCare Society of Edmonton 780-735-4506
Pilgrims Hospice Society 780-413-9801 x102

Pregnancy Testing / Counselling

Alberta Health Services (AHS)
Birth Control Centre (pro-choice) 780-735-0010
Reproductive Mental Health Program 780-735-6785
Compass Centre for Sexual Wellness (*pro-choice*) .780-423-3737
Pregnancy Care Centre (*pro-life*)..... 780-424-2624

Teen Pregnancy and Parenting

Alberta Health Services (AHS)
Adolescent Pregnancy Clinic 780-735-6892
*Jasper Place Child and Family Resource Society ..780-489-2243
Terra Centre for Teen Parents..... 780-428-3772

Information and Support (*Parent Link Centre)

Ben Calf Robe Society 780-477-6648
Bent Arrow Traditional Healing Society 780-481-3451
**Aboriginal Parent Link Centre* 780-474-2400
Bissell Centre
Family Support Services 780-423-2285 x121
Boyle McCauley Health Centre (*inner city*) 780-422-7333
Boyle Street Community Services 780-424-4106
The Candora Society of Edmonton..... 780-474-5011
Catholic Social Services
FASD - First Steps Prevention Program 780-378-2535
Community Options - A Society for Children and Families
..... 780-455-1818
E4C - *Early Head Start (0-3.5yrs; low income)* 780-426-3666
The Elizabeth Fry Society of Edmonton
Resources and Referrals Centre..... 780-784-2205
*Family Futures Resource Network 780-413-4521
*Jasper Place Child and Family Resource Society ..780-489-2243
*KARA Family Resource Centre 780-478-5396
Lansdowne Child Care and Family Centre 780-437-5654
*Norwood Child and Family Resource Centre 780-471-3737

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

If 211 is not yet available in your area call 780-482-INFO (4636).

Inclusion of an agency or service on this list does not constitute an endorsement by 211.