

# Resources for Pregnancy / New Parents

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Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) to obtain a new copy if more than 6 months old.

## Crisis (Call 911 if in immediate danger)

- Action Canada for Sexual Health and Rights  
*Unplanned Pregnancy Info & Referrals* ..... 1-888-642-2725
- 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
- AMARIS Adoption and Family Support Services..... 780-438-3455
- Government of Alberta - Ministry of Children's Services  
*Adoptions / Foster Caregiver Recruitment*.... 780-422-3333

## Birth Preparation

- Alberta Health Services (AHS)  
*Health for Two* ..... 780-735-3008  
(*info & nutrition programs at various agencies; call for location*)
- Prenatal Class Registration* ..... 780-413-7980
- 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](http://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

## Post-Abortion Support

- Pregnancy Care Centre  
*Abortion Recovery Centre (pro-life)* ..... 780-454-5911
- YWCA Edmonton  
*Counselling (pro-choice)*..... 780-423-3737

## 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

## Pregnancy Testing / Counselling

- Adoption Options Alberta Ltd. (*pro-choice*) ..... Text: 780-718-4272  
..... Call: 780-433-5656

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

## 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

## Multiple Births

- Edmonton Twin and Triplet Club ..... 780-455-5520

## Information and Support (\*Parent Link Centre)

- Ben Calf Robe Society ..... 780-477-6648
- Bent Arrow Traditional Healing Society  
*\*Aboriginal Parent Link Centre* ..... 780-474-2400
- Healthy Families*..... 780-481-3451
- Bissell Centre  
*Family Support Services* ..... 780-423-2285 x133
- 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 (0-4yrs; 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.*