

Resources for Pregnancy / New Parents

May 2021



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

Visit 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; 0-2mos) . 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 Options Alberta Ltd. 780-433-5656
Birthparent TEXT Line 780-718-4272
- 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
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, 0-2mos) 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, 0-2 mos) ... 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
- Woman's Health Options
Counselling (pro-choice) 780-484-1124
- YWCA Edmonton
Counselling (pro-choice) 780-423-3737

Postpartum Depression

- Family Futures Resource Network
Managing Motherhood 780-413-4521

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
- Bent Arrow Traditional Healing Society
Iskwew House (Indigenous) 780-481-3451
- Terra Centre for Teen Parents 780-428-3772

Multiple Births

- Edmonton Twin and Triplet Club 780-455-5520

Information and Support

- Ben Calf Robe Society 780-477-6648
- Bissell Centre
Family Support Services 780-423-2285 x133 or 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 (0-5yrs; 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
..... 587-635-1775
- KARA Family Resource Centre 780-478-5396
- Norwood Child and Family Resource Centre 780-471-3737

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at www.ab.211.ca.

Contact 211 for more information or if you cannot find the particular service you are looking for.

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