

Resources for Pregnancy / New Parents

November 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

- A Small Miracle Adoption 780-421-1177
Birth Parent Line (24/7) 587-596-5380
- 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

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.....parentcareyeg@gmail.com
- 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

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
- Lansdowne Child Care and Family Centre..... 780-437-5654

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.