

# Resources for Pregnancy / New Parents

November 2022



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

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  
*Sexual Health Info & Pregnancy Referral* .. 1-888-642-2725  
(pro-choice)

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  
*Urgent After Hours (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 Education* ..... 780-735-8377

*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](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, 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 ..... [parentcareveg@gmail.com](mailto:parentcareveg@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

Catholic Social Services  
*Gianna Centre (pro-life)* ..... 780-482-5111

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

## Information and Support

Ben Calf Robe Society ..... 780-477-6648

Bissell Centre  
*Family Support Services* ..... 780-423-2285 x133 or x121

Boyle Street Community Services ..... 780-424-4106

The Candora Society of Edmonton ..... 780-474-5011

Catholic Social Services  
*FASD - First Steps Prevention Program* ..... 780-405-9336

*Gianna Centre* ..... 780-482-5111

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 Northern Alberta  
*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

Radius Community Health and Healing (*inner city*) ... 780-422-7333  
(FKA: Boyle McCauley Health Centre)

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at [www.ab.211.ca](http://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.*