

Resources for Pregnancy / New Parents

November 2023



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

Alberta Health Services (AHS)
Healthy Beginnings Hotline (24/7; 0 to 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 to 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 Childhood Intervention Program (0 to 3.5yrs)
..... 1-888-925-4044

Health Link (24/7) 811
Healthy Beginnings Hotline (24/7, 0 to 2mos) . 780-413-7990

Multicultural Health Brokers Co-op 780-423-1973

Postpartum Depression

Family Futures Resource Network
Managing Motherhood 780-413-4521

Post-Abortion Support

Pregnancy Care Centre
Abortion Recovery Centre (pro-life) 780-454-5911

Woman's Health Options
Counselling (pro-choice) 780-484-1124

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
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

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

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 Learning Services (2.8 to 5yrs; low income)*
..... 780-426-3666

The Elizabeth Fry Society of Northern Alberta
Resources and Referrals Centre 780-421-1175

Family Futures Resource Network 780-413-4521
Jasper Place Family Resource Centre 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.

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.