

Resources for Pregnancy / New Parents

November 2024



Please contact the agency to confirm availability of the service.
Contact 211 for more information. Dial 2-1-1, text INFO to 211, or live chat at www.ab.211.ca.

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)

Centre for Addiction and Mental Health (CAMH)
988 Suicide Crisis Helpline (24/7) 988

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 and Family Services
Adoptions / Foster Caregiver Recruitment 780-422-3333

Birth Preparation

Alberta Health Services (AHS)
Health for Two 780-342-2872
Prenatal Education 780-342-2833

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)

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

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
Iskeww 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

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*)

Visit www.edmonton.cmha.ca to obtain a new copy of this list if more than 6 months old.
Inclusion of an agency or service on this list does not constitute an endorsement by 211.