



Resources for New and Expecting Parents



the support network

(Note: please see our other Resource Lists for additional resources)

Abortion Clinic Information/Referral

Morgentaler Clinic	484-1124
OPTIONS Sexual Health Association	423-3737
<i>Abortion Information Line</i>	428-1539

Adoption and Fostering

Adoption & Foster Care Recruitment Program	496-3546
Adoption Options Alberta Ltd.	433-5656
Alberta Foster Parent Association (AFPA)	429-9923
<i>Foster Parents Hotline</i>	1-800-667-2372
Catholic Social Services – <i>Adoption Program</i>	424-3545
Edmonton and Area ABI Adoption Society	479-5268

Birth Preparation

Association for Safe Alternatives in Childbirth	425-7993
Capital Health	
<i>Health for Two (info/nutritional program)</i>	735-0008
<i>Prenatal classes registration</i>	408-5465
Edmonton VBAC Support Association	444-3041
Multicultural Health Brokers Co-op	423-1973
Terra – Centre for pregnant and parenting teens	428-3772

Breastfeeding Information and Support

Capital Health - <i>Healthy Beginnings Hotline</i>	413-7990
La Leche League	478-0507

Child Car Seats

Low income parents may call community agencies such as Parent Link Centres for possible car seat loan.

Alberta Infrastructure & Transportation	427-8901
<i>Child Safety Seat Inspections</i>	408-5465
www.saferoads.com/vehicles/safetyseatclinic.html	

Crisis (24 hrs)

Capital Health	
<i>Healthy Beginnings Hotline (postpartum)</i>	413-7990
Child & Family Services Region 6	
<i>Crisis Unit (child abuse/neglect; 24 hrs)</i>	427-3390
Kids Kottage Foundation (<i>crisis nursery</i>)	944-2888
The Support Network - <i>Distress Line</i>	482-4357 (HELP)

Health & Developmental Delays

Capital Health	
<i>Capital Health Link (24 hrs)</i>	408-5465 (LINK)
<i>Early Intervention Program (0-3.5 yrs)</i>	486-5437
<i>Healthy Beginnings Hotline (24 hrs)</i>	413-7990
Multicultural Health Brokers Co-op	423-1973

Info & Support for Expecting/New Parents

(* *Parent Link Centre*)

Ben Calf Robe Society	477-6648
*Bent Arrow Traditional Healing Society	481-3451
<i>Aboriginal Parent Link Centre</i>	474-2400
Bissell Centre – <i>Family Support Program</i>	423-2285
Boyle McCauley Health Centre (<i>inner city</i>)	422-7333
Boyle Street Community Services	424-4106
CANDORA Society of Edmonton	474-5011
Catholic Social Services – <i>First Steps: Prevention Program for FASD</i>	477-1999
Community Options – A Society for Children and Families	455-1818
*Jasper Place Child & Family Resource Centre	489-2243
*KARA Family Resource Centre, Main	478-5396
*Mill Woods Family Resource Centre	413-4521
Multicultural Health Brokers Co-op	423-1973
Norwood Child & Family Resource Centre	471-3737

Multiple Births

Edmonton Twin and Triplet Club	455-5520
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Post-Abortion Support

OPTIONS Sexual Health Association (pro-choice)	423-3737
Pregnancy Care Centre (pro-life)	424-2624

Postpartum Depression

Capital Health - <i>Healthy Beginnings Hotline</i>	413-7990
OR Call Parent Link Centres (<i>see above</i>) for info on postpartum depression support groups	

Pregnancy Loss / Parent Bereavement

Canadian Foundation for the Study of Infant Deaths (SIDS)	1-800-363-7437 (SIDS)
Grieving Parents Society	451-5381
Parent Care Society of Edmonton	988-3747

Pregnancy Testing/Counselling

Birthingright (Edmonton) (pro-life)	488-0681
Capital Health - <i>Birth Control Centre</i> (pro-choice)	735-0010
Edmonton Pregnancy Crisis Centre (pro-life)	482-5111
OPTIONS Sexual Health Association (pro-choice)	423-3737
Pregnancy Care Centre (pro-life)	424-2624

Teen Pregnancy and Parenting

Jasper Place Child & Family Resource Centre	489-2243
Terra – Centre for pregnant and parenting teens	428-3772

For more information, or if you cannot find the particular service you are looking for:

Within Edmonton dial: 2-1-1 Outside of Edmonton call: 482-INFO (4636) www.211edmonton.info

Inclusion of an agency or service on this list does not constitute an endorsement by The Support Network.

Last Updated: April 14, 2008 – please obtain a new copy if more than 6 months old
For copies of this and other resource lists go to www.thesupportnetwork.com and click on “Resource Lists”.

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