



Resources for New and Expecting Parents

(Alberta requires 10-digit dialing – use area code 780 unless otherwise noted)

Abortion Clinic Information/Referral

OPTIONS Sexual Health Association 423-3737
Woman's Health Options (*abortion services*) 484-1124

Adoption and Fostering

Adoption (ABI) Society of Alberta 479-5268
Alberta Foster Parent Association (AFPA) 429-9923
Foster Parents Hotline 1-800-667-2372
Child & Family Services Authority Region 6 422-6647
Catholic Social Services – *Adoption Program* 424-3545

Birth Preparation

Alberta Health Services (AHS)
Prenatal classes registration 408-5465
Association for Safe Alternatives in Childbirth 425-7993
Edmonton VBAC Support Association 444-9527
Health for Two (*info & nutritional program run through various community agencies; call for a convenient location*) 735-3008/211
Multicultural Health Brokers Co-op 423-1973
Terra Centre for pregnant and parenting teens 428-3772

Breastfeeding Information and Support

AHS - *Healthy Beginnings Hotline* 413-7990
La Leche League 478-0507

Child Car Seat Safety

Alberta Transportation
(*a list of agencies that provide child safety seat inspections.*) 427-8901
www.saferoads.com/pdf/childsafetyseat.pdf

Crisis (24 hrs)

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

Health & Developmental Delays

Alberta Health Services
Early Intervention Program (0-3.5 yrs) 486-5437
Health Link Alberta (24 hrs) 408-5465 (LINK)
Healthy Beginnings Hotline (24 hrs) 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
Aboriginal Parent Link Centre 474-2400
Bissell Centre – *Family Support Prog.* 423-2285 x162
Boyle McCauley Health Centre (*inner city*) 422-7333
Boyle Street Community Services 424-4106
CANDORA Society of Edmonton 474-5011
Catholic Social Services – *First Steps: Prevention Program for FASD* 477-1999
Community Options 455-1818
Elizabeth Fry Society 421-1175
*Jasper Place Child & Family Resource Centre 489-2243
*KARA Family Resource Centre, Main 478-5396
*Mill Woods Family Resource Centre 413-4521
Norwood Child & Family Resource Centre 471-3737

Multiple Births

Edmonton Twin and Triplet Club 455-5520

Post-Abortion Support

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

Postpartum Depression

AHS - *Healthy Beginnings Hotline* 413-7990
Mill Woods Family Resource Centre
Managing Motherhood 413-5685
Parent Link Centres (see above) for 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

AHS - *Birth Control Centre (pro-choice)* 735-0010
Birthright (Edmonton) (**pro-life**) 488-0681
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 If 211 is not yet available in your area call: 780-482-INFO (4636)

www.211edmonton.com

Inclusion of an agency or service on this list does not constitute an endorsement by 211.

Last Updated: November 2009 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to www.211edmonton.com and click on “Resource Lists”.

The Support Network • Edmonton, Alberta • Phone: 780-482-0198 • Fax: 780-488-1495