

# PERINATAL EDUCATION PROGRAM



## 24-Hour Help

### New Parent Support

- 211 ..... 211, [www.InformCalgary.ca](http://www.InformCalgary.ca)  
*Information and referral to community, government, and social services*
- Early Start ..... 403-244-8351  
*Information line for families with questions about baby care, parenting, feeding etc. in the first two months of life.*
- Calgary Health Link ..... 403-943-LINK (5465), 1-866-408-5465  
*Information and nurse advice line for families with questions about health or health-related community resources.*

### Emergency

- Police, Fire, Ambulance ..... 911
- Request for Police Service ..... 403-266-1234
- Poison Centre ..... 403-944-1414 or 1-800-332-1414
- Child Abuse Hotline ..... 403-297-2995 or 1-800-387-5437

### Crisis

- Bow Valley Victim's Services Association ..... 403-678-5519
- Calgary Communities Against Sexual Abuse (CCASA) 24 hour Crisis Line ..... 403-237-5888
- Child Abuse Hot Line (24 Hours) ..... 1-800-387-5437
- Child and Family Services - Region 3
- Canmore ..... 403-609-6414
  - Claresholm ..... 403-625-1472
  - High River ..... 403-652-8360
  - Children's Cottage / Crisis Nursery ..... 403-233-2273
- Free child care for children 8 years and under, for parents who have a crisis and have no other means of child care support; maximum length of stay 72 hours*
- Community Resource Team ..... 403-299-9699
  - Distress Centre Crisis Line ..... 403-266-1605
  - Emergency Social Services (Child Intake - 24 Hours) ..... 403-297-2995
- Gambling/Addiction Help Line (24 Hours) ..... 1-800-665-9676
- Men Feeling Violent ..... 403-266-HELP (4357)
- Sexual Assault ..... 403-237-5888
- Telecare (Listening, caring help) ..... 403-266-0700

For more information contact Perinatal Education  
(403) 781-1450 [www.birtheadbabies.com](http://www.birtheadbabies.com)

## Shelters for Women

Banff Emergency Shelter .....	1-800-813-4138
Calgary Women's Shelter .....	403-234-7233
Discovery House (Long term residence for battered women and children)	403-670-0467
Eagle Emergency Lodging.....	403-933-3370
Native Women's Shelter .....	403-531-1972
Sheriff King Home – Calgary .....	403-266-0707
Women's Shelter – Strathmore.....	1-877-934-6634

## Resources for Families

The following is a list of resources and services available in the Calgary area. Although extensive, this list is far from complete and other resources may also be available. Calgary Health Region is unable to endorse any of the agencies listed. We recommend that before choosing any of the services listed, you explore several alternatives in order to find one that will best meet your needs. You may be asked to leave a message when you call certain agencies. They will return your call as soon as possible.

## Pregnancy/Antenatal Services

### Adoption

Adoption Counseling - Calgary Family Services .....	403-269-9888
Adoption Support Group of Olds & Area .....	403-335-8540
Birth Parent Counseling Program .....	403-297-6210
Human Resources and Employment – Adoption and Assessment Unit	403-297-6038
<i>Counseling and support for persons considering adoption</i>	

## Birth Centres, Calgary Health Region

Banff Mineral Springs Hospital .....	403-762-2222
Calgary - Foothills Medical Centre 1403 - 29 St. NW .....	403-944-1351
Calgary - Peter Lougheed Centre 3500 - 26 Ave. NE .....	403-943-5735
Calgary - Rockyview General Hospital 7007 - 14 St. SW .....	403-943-3562
Canmore General Hospital .....	403-678-5536
Claresholm General Hospital .....	403-625-3344
High River General Hospital .....	403-652-2200

## Breast Pump Rental/Purchase

*These services provide information on where to rent/purchase breast pumps or supplies in your area.*

Hollister Canada Inc. ....	1-800-263-7400
Medela (24 hours, 7 days a week).....	1-800-835-5968

*Call during regular business hours or leave a message on the answering machine after hours*

Whittlestone, Inc. ....	1-707-748-4188
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## Childbirth Education, Calgary Health Region

Over 30 course selections for classes and services for pregnancy, childbirth and early parenting, including Essential Labor Preparation, Birth & Babies, CPR, Sibling, Refresher, Twins and Triplets, Especially for Fathers, Healthy Babies, Exercise for Pregnancy and more. Free Hospital Orientation slide and video presentation for all pregnant women and partners. Classes are available in Spanish, Cantonese, Mandarin and Urdu. If finances are a concern, call for information about free classes.

Airdrie.....	403-781-1450
Banff .....	1-866-471-7011
Calgary.....	403-781-1450
Calgary Health Region Prenatal Testing Options Class.....	403-943-8375
Canmore .....	1-866-471-7011
Claresholm and area .....	1-866-471-7011
Didsbury and area .....	1-866-471-7011
High River and area .....	403-781-1450
Okotoks .....	403-781-1450
Strathmore and area .....	403-781-1450
Vulcan and area .....	1-866-471-7011

## Quit Smoking Resources

### Group Programs

Aventa (women only).....	403-245-9050
Distress Centre (men and women).....	403-266-1605
Expecting to Quit – Calgary Health Region (women only) .....	403-781-1450

*A free quit smoking program and support group for women smokers who are pregnant or new moms..*

Tom Baker Cancer Centre (men and women).....	403-355-3299
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### Self-Support/Self-Help Programs

e-quit (men and women) [www.gosmokefree.ca](http://www.gosmokefree.ca)

Lung Association .....

1-888-566-5864
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Smokers Help Line – AADAC (men and women).....

1-866-332-2322
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*Small Steps Matter, a booklet for pregnant women is available from AADAC*

Nicotine Anonymous (men and women) .....

<a href="http://www.nicotine-anonymous.org">www.nicotine-anonymous.org</a>
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## Support during Pregnancy

Best Beginning – Calgary Health Region, Airdrie and Cochrane .....403-228-8221

*A program for pregnant women and teens with social, health, and financial concerns*

Growing Opportunities – Didsbury and Strathmore .....(403) 335-7292

*Support program for women and teens with social, health and financial concerns.*

Healthy Moms, Healthy Babies Program .....652-5450

*A program for pregnant women and teens with social, health, and financial concerns*

*You can also contact your local health unit in Banff, Black Diamond, Canmore, Claresholm, High River, Nanton, Okotoks and Vulcan.*

Motherisk Information Lines ..... website: [www.motherisk.org](http://www.motherisk.org)

Alcohol and Substance Use Helpline ..... 1-877-FAS-INFO (327-4636)

*For information about the fetal effects of alcohol, nicotine and drugs like marijuana, cocaine and ecstasy.*

HIV and HIV Treatment in Pregnancy ..... 1-888-246-5840

*For information about the possible effects of HIV and HIV treatment during pregnancy.*

Nausea and Vomiting in Pregnancy Helpline ..... 1-800-436-8477

*For information on “morning sickness” and how to treat it.*

Motherisk’s Home Line (Long distance charges apply) ..... (416) 813-6780

*For information about the risk or safety of prescription and over-the-counter drugs, herbal products, chemicals, x-rays, chronic disease and infections during pregnancy. (This is a toll call to the Toronto call centre. Callers may have to wait up to 10 minutes to speak to a counselor.)*

Prenatal Genetics Clinic

Department of Medical Genetics, Calgary Health Region..... 943-8376

*Free Prenatal Testing Options group counseling session which reviews screening options, ultrasound and amniocentesis.*

*Information regarding optional genetic testing during pregnancy, risks due to exposures during pregnancy and personal/family history of a genetic condition. Counseling for individuals and families when an abnormality is identified in a pregnancy.*

Sidelines Canada..... [www.sidelinescanada.org](http://www.sidelinescanada.org)

*Provides help to Canadian women experiencing complicated pregnancies*

Volunteer Birth Companion Program.

Peter Lougheed Centre

*Support upon request when you arrive at the hospital)*

Best Beginning Program

*Support to participants who have no support or unreliable support and cannot afford to pay for this service, please talk to your Best Beginning program staff)*

Women’s Health Resources: Exercising Your Pelvic Floor Classes and Achieving Bowel and Bladder Control Class 944-2260

