

Call 211 for Additional Information

<p><b>Best Beginnings</b> <a href="http://albertahealthservices.ca/info/service.aspx?id=1568">albertahealthservices.ca/info/service.aspx?id=1568</a> <b>403-228-8221</b></p> <ul style="list-style-type: none"> <li>• Support for pregnant women living on low income <ul style="list-style-type: none"> <li>○ one-to-one and group support</li> <li>○ cooking groups</li> <li>○ facilitated discussions of prenatal topics</li> <li>○ referrals to community support agencies</li> <li>○ milk coupons, bus tickets, and referrals for food hampers</li> <li>○ dental referrals and family planning counselling</li> </ul> </li> <li>• call for more information and locations</li> </ul>	<p><b>Made by Momma</b> <a href="http://madebymomma.org">madebymomma.org</a></p> <ul style="list-style-type: none"> <li>• healthy prepared freezer meals and wholesome baked goods for mothers</li> <li>• in-home assistance</li> <li>• quick house tidy</li> <li>• breastfeeding support and encouragement</li> <li>• short-term pet care (feeding, dog walking, cleaning litter boxes)</li> <li>• to request services or for inquiries – start with form on website (located under “Contact Us”)</li> </ul>
<p><b>Healthy Parents Healthy Children</b> <a href="http://healthyparentshealthychildren.ca">healthyparentshealthychildren.ca</a></p> <ul style="list-style-type: none"> <li>• Website providing easy to understand breakdowns of what to expect for pregnancy, newborns, and children under 6</li> <li>• Includes developmental charts, diets and eating, health, preventing injury, and everyday care</li> <li>• Breaks down how to help new mothers and families</li> </ul>	<p><b>Centering Pregnancy</b> <b>403-513-7406</b> <a href="http://centeringhealthcare.org/what-we-do/centering-pregnancy">centeringhealthcare.org/what-we-do/centering-pregnancy</a> <b>Genesis Centre of Community Main Floor (Feature Room) 7555 Falconridge Boulevard NE</b></p> <ul style="list-style-type: none"> <li>• Centering group prenatal care follows the recommended schedule of 10 prenatal visits, each visit is two hours long - giving women 10x more time with their provider.</li> <li>• Moms engage in their care by taking their own weight and blood pressure and recording their own health data with private time with their provider for belly</li> <li>• Sessions are free and individual may bring support person</li> <li>• <b>Must want to deliver at the Peter Lougheed Centre, low risk pregnancy only</b></li> <li>• All Female doctors</li> </ul>