

Pregnancy & Baby

Call 211 for Additional Information

<p>Best Beginnings 403-228-8221 4715 8 Ave SE, Calgary, AB T2A 3N4</p> <ul style="list-style-type: none"> • Support for pregnant women living on low income • Provides: <ul style="list-style-type: none"> ◇ Free meals at weekly group drop-ins ◇ Milk coupons, bus tickets, and food hamper referrals ◇ one-to-one and group support ◇ cooking groups ◇ facilitated discussions of prenatal topics ◇ referrals to community support agencies ◇ dental referrals and family planning counselling ◇ Call 811 for immunization appointments for more information and locations 	<p>Made by Momma madebymomma.org 66 21 St NW, Calgary, AB T2N 4T9</p> <ul style="list-style-type: none"> • Healthy prepared freezer meals and wholesome baked goods for mothers • In-home assistance and delivery services available • Quick house tidy • Breastfeeding support and encouragement • Short-term pet care (feeding, dog walking, cleaning litter boxes) • Baby essentials and children items including books, toys, diapers, strollers and clothing. • Women can self-refer; to request services or for inquiries – start with form on website (located under “Contact Us”)
<p>Healthy Parents Healthy Children https://www.healthyparentshealthychildren.ca/</p> <ul style="list-style-type: none"> • Website providing easy to understand breakdowns and resources of what to expect for pregnancy, newborns, and children under 6 • Includes developmental charts, diets and eating, health, preventing injury, and everyday care • Breaks down how to help new mothers and families <p>Helps current parents as well as new coming parents</p>	<p>Birth Partnership 403-246-8968 birthpartnershipmidwives.com</p> <ul style="list-style-type: none"> • Unique program of Centering Pregnancy classes and an Active Birth Class. • 3 or 4 group prenatal classes, currently run via Zoom, which brings together our clients due in the same month with their midwives • Classes start near the end of your second trimester and run weekly • Topics of discussion include all things breastfeeding, doulas, prenatal education classes, etc.

<p style="text-align: center;">Healthy Start Calgary https://cpnp-pcnp.phac-aspc.gc.ca/en/project-details?project=480 (403) 265-6093 #12th floor, 910 7th Ave SW</p> <ul style="list-style-type: none"> • Pregnant and parenting women with children up to the age of 12 months who are at risk of having a low-birth-weight baby • For immigrant women, Indigenous women, adolescent women, and women who have had a previous low birth weight baby. • Services include: <ul style="list-style-type: none"> ◇ Family and social support, home visits ◇ Food budgeting, food safety training ◇ Food security assistance ◇ Food/Vitamin supplements or vouchers ◇ Literacy/language development ◇ Nutrition consultation/education & Prenatal Nutrition ◇ Pre/postnatal information/support 	<p style="text-align: center;">Calgary Interfaith Food Bank 403-253-2059</p> <ul style="list-style-type: none"> • Prenatal hampers for women accessing a participating prenatal service provider by referral only • Prenatal hampers are counted separately from regular hampers • Children Milk Program <ul style="list-style-type: none"> - Provides home delivery of fresh milk and formula to children and pregnant and nursing moms - Referred by a health-based organization
<p style="text-align: center;">Infant Care Alberta- ICU2 3751 21 St NE 1-855-747-2273</p> <ul style="list-style-type: none"> • Infant Care Under Two (ICU2) <ul style="list-style-type: none"> -No cost breast pumps, infant formula and diapers • MVB Program -Monthly supplement box 	<p style="text-align: center;">Salvation Army Community Support Services 403-220-0432 1826 36 St. SE</p> <ul style="list-style-type: none"> • Program called Infant Essentials • Provides formula, diapers, wipes, and cereal