

Alberta Prenatal Care Documentation

# *Guide and Resource*

for Prenatal Care Providers



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Updates to the **Alberta Prenatal Care Documentation Guide and Resource for Prenatal Care Providers** will be made available on the APHP website [www.aphp.ca](http://www.aphp.ca)

**Healthy Mother, Healthy Baby User Guide** – describes the HMHB-Q development, supporting evidence; psychometrically sound, risk specific screening tools; resources and interventions.

An electronic copy is available at [www.aphp.ca](http://www.aphp.ca) .

**Alberta Prenatal Care Plan** – provides details on the provision of prenatal care in Alberta, including a guide for routine screening and components of each prenatal visit. Available electronically at [www.albertadoctors.org](http://www.albertadoctors.org).





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# Table of Contents

## Desk Reference

|   |    |
|---|----|
| Introduction                              | 1  |
| Alberta Prenatal Completion Guidelines    | 2  |
| Healthy Mother Healthy Baby Questionnaire | 6  |
| Appendix A                                | 13 |

## Community Resource for Pregnancy and Baby Health by Alberta Health Regions

*Listings are alphabetical within each section - by institution for urban programs and by town for rural programs.*

|  |     |
|--|-----|
| Introduction                                     | I   |
| Health Regions Map                               | III |
| Section 1: Programs by Region                    |     |
| R1 - Chinook Health Region                       | 1   |
| R2 - Palliser Health Region                      | 13  |
| R3 - Calgary Health Region                       | 17  |
| R4 - David Thompson Health Region                | 21  |
| R5 - East Central Health                         | 25  |
| R6 - Capital Health Region                       | 29  |
| R7 - Aspen Regional Health                       | 51  |
| R8 - Peace Country Health                        | 53  |
| R9 - Northern Lights Health Region               | 57  |
| Section 2: Provincial and National Organizations | 60  |

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# *Desk Reference Guide*

**for the Alberta Prenatal Record and the Healthy Mother, Healthy Baby Questionnaire**



## Introduction

The prenatal record guides the practitioner in obtaining the woman's health and obstetrical history, and documents investigations, and care provided during pregnancy. A copy of the form should be provided to the site of delivery for practitioners providing care to the woman and baby during labour, delivery and postpartum. By 36 weeks gestation the form should be given to the woman to carry with her or a copy sent to the intended site for delivery.

In addition to the Alberta Prenatal Record, three additional tools are provided to facilitate risk assessment.

- The Antenatal Risk Assessment (Risk Scoring)
- Risk Profile with Odds Ratio for specific birth outcomes
- Healthy Mother, Healthy Baby Questionnaire (HMHB-Q) (HSO285) is a separate form that is to be completed by the mother or used as an interview guide.

The HMHB-Q is a self-administered questionnaire consisting of Yes/No, likert scale, and open-ended response categories. It can also be used as an interview guide. The questionnaire is designed to link with the Alberta Prenatal Record (HS0001-125).

The HMHB-Q is not a diagnostic instrument. Question items were designed to identify women who may be at risk of potential lifestyle (e.g., nutrition, physical activity, substance use), environmental (i.e., physical and social), and/or health system (i.e., a woman's ability to access or attend prenatal care/programs) risk factors. Additional screening is recommended if one or more risks are identified.

This section lists HMHB-Q question items, the rationale for their inclusion, recommended intervention(s) and screening tools, and a case study (see Figure 1).

A User Guide is available that describes HMHB-Q development. It also houses supporting evidence used to build HMHB-Q question items; psychometrically sound, risk-specific screening tools, resources and recommended interventions. [www.aphp.ca](http://www.aphp.ca)

# Alberta Prenatal Record Completion Guidelines

## Demographics

**Mother** - biological mother of the fetus.

**Father** - biological father for medical history.

**Address/Reserve name** – location where mother resides, if on reserve include name of reserve

**Education level** – often relates to socioeconomic status and the ability to understand and comply with health recommendations. (Refer to HMHB-Q form HS0285)

**Ethnicity** - important in genetic screening for specific risk groups and in analysis of birth outcomes (Refer to HMHB-Q form HSO285)

**Occupation** – consider environmental risks and potential need for job modification during pregnancy. (Refer to HMHB-Q form HS0285)

**Obstetrical History:** document details of previous pregnancy and birth outcomes. Summarize on Page 2. Gravida (all pregnancies), Term (Births 37 + weeks) Preterm (Births 20 to <37 weeks), Abortions (< 20 weeks and <500 grams), Live births (number of babies born alive), Living ( number of living children), Stillbirths, Neonatal deaths.

**Medical History** includes that of the patient (mother), biological father and extended family (blood relatives) that may influence the management or outcome of the current pregnancy. Refer to provincial or national guidelines for management of specific disorders in pregnancy.

*Autoimmune disorders* – increased incidence and/or severity in pregnancy – systemic lupus erythematosus (SLE), rheumatoid arthritis (RA) and idiopathic thrombocytopenic purpura.

*Bleeding/clotting disorders* – the risk of recurrence of deep vein thrombosis or pulmonary embolism increases greatly during pregnancy. Avoid exposure to warfarin during early pregnancy, change to a non-teratogenic anticoagulant.

*Developmental delay* – determine patient or family history of developmental delay and etiology, for example autism, fetal alcohol spectrum disorder, Fragile X, metabolic disorder (PKU).

*Diabetes* – patients with non-insulin diabetes on oral hypoglycemic agents will need to switch to insulin during pregnancy. Consider referral to diabetic specialist.

*Hereditary/consanguinity/birth defects* - determine risk and offer screening for specific ethnic groups and other hereditary diseases such as Huntington's, neuromuscular disease or chromosomal disorders or other birth defects. Refer to Healthy Mother, Healthy Baby Questionnaire for patient specific history based on ethnic background.

| <b>Disease</b>             | <b>Risk Groups</b>   |
|----------------------------|--|
| Cystic fibrosis            | Ashkenazi Jews; Caucasians   |
| Tay Sachs                  | Ashkenazi Jews; Acadians; French Canadians from Eastern Quebec                                 |
| Canavan's Disease          | Ashkenazi Jews   |
| Alpha and beta thalassemia | Africans; East Indians; Hispanics; Mediterraneans; Middle Easterner; Southeast Asians, Chinese |
| Sickle Cell Anemia         | Africans   |

*Psychiatric/depression* – medications used to treat specific psychiatric conditions may need to be changed due to risk of teratogenic affects on fetus. History of depression is a risk factor for post-partum depression.

*Hypertension* – pre-existing hypertension is a serious threat to the woman and fetus during pregnancy. Consider referral for consultation with a specialist.

*Infection history* – determine history of infections and risk to pregnancy. Refer to provincial guidelines for HIV, syphilis and communicable disease screening. Include history of herpes, chlamydia or other STIs. Consider risks for infections due to exposure in the workplace, home, out of country travel, food safety and pets. [http://www.albertadoctors.org/clinical/resources/women's health](http://www.albertadoctors.org/clinical/resources/women's%20health)

*Asthma, Cardiac, Epilepsy/Thyroid/GI disorders, Renal Disease* – these medical conditions increase maternal and fetal risk. Medications with increased risk to the fetus may require a change or dose adjustment. Consider referral for consultation with a medical specialist.

*Operations* – list any surgical procedures that may have an affect on pregnancy outcome or management, previous transfusions or reactions and patient beliefs about blood transfusions.

*Assisted conception* – treatment for fertility may increase pregnancy risk and outcome.

*Medications and alternate therapies* – determine preconception use of folic acid and prenatal vitamins. Take the opportunity to discuss the benefits of prenatal vitamins and folic acid in prevention of some congenital anomalies. Determine risk of medications, prescribed, over-the-counter and alternate therapies. Refer to section F- Healthy Mother, Healthy Baby Questionnaire. Contact Mother Risk for information <http://www.motherisk.org>

| <b>APR Item#</b>                     | <b>Link to HMHB-Q</b>     |
|--------------------------------------|---------------------------|
| Demographics                         | Questions 1-7             |
| 29 Medications and Alternate Therapy | Section F                 |
| 31 Nutrition                         | Sections A, B, & F        |
| 33 Food Safety                       | Sections B & C            |
| 34 Physical Activity                 | Section G                 |
| 35 Sleep/rest                        | Interview                 |
| 36 Dental hygiene/care               |                           |
| 37 Environment/occupation            | Demographics, H & I       |
| 38 Culture/religion                  | Question 5                |
| 39 Social support                    | Section N                 |
| 40 Stress factors                    | Section J, K              |
| 41 Emotional/depression              | Interview                 |
| 42 Relationship stability            | Q3, interview             |
| 43 Seat belt use in pregnancy        | Discussion                |
| 44 Personal safety/violence          | Sections O - Q            |
| 45 Parenting readiness               | Discussion                |
| 46 Sexuality                         | Discussion                |
| 47,48,49 Substance use in pregnancy  | Section D, E, F           |
| Other - Prenatal care attendance     | Sections L & M            |
| Topics page 2                        | Breastfeeding (Section R) |

## **Life Style, Psychosocial and Environmental**

This section captures issues/concerns that may require patient referral to other professionals or resources in the community. The Healthy Mother, Healthy Baby Questionnaire and patient interview are key sources for this information. Indicate areas of concern and action. For referral contacts in your health region. The chart shows how the Alberta Prenatal Record links to the HMHB-Q.

**Physical Examination** section provides a baseline for subsequent assessments. Further comments for any item on page 1 can be documented in the comments section. Document patient height and weight for BMI calculation. Indicate measure used, metric measures should be adopted as the standard.

**Expected Date of Delivery (EDD):** Establish a firm EDD by the 20th week of pregnancy. Use the date of the last menstrual period (if certain) plus the 18 to 20 week ultrasound. If an accurate LMP is not available an early ultrasound before 18 weeks is recommended. This date is the benchmark for ongoing prenatal care and assessment of fetal growth. Ultrasound reporting should include growth by birth weight percentiles for gestational age as determined by the EDD.

**Symphysis Fundal Height:** Measure and plot on the growth curve. Evaluate any abnormal fetal growth parameters promptly

**Investigations** - all pregnant women should have a blood sample sent for blood typing and red cell antibody screening at their first prenatal visit in every pregnancy. In Alberta routine

screening is recommended for Hepatitis B, Rubella, Varicella ( if immunity is not known), Syphilis and HIV. Women should be informed of their option to decline HIV screening. For detailed information refer to the website: [www.albertadoctors.org](http://www.albertadoctors.org) under clinical resources/women/HIV for patient and professional information on HIV and Routine tests for infections. Use the Prenatal Testing – Initial Screen for Pregnant Woman (HS00133) requisition produced by Alberta Health and Wellness for collection of samples for testing by the Provincial Laboratory of Alberta and the Canadian Blood Services. Refer to national and provincial guidelines for other investigations such as Group B Streptococcus and glucose screening.

**Prenatal Genetic Screening** – All pregnant women should be offered prenatal genetic screening regardless of maternal age or family history. Refer to the SOGC guidelines on Prenatal Genetic Screening for specific information. Indications for prenatal screening are outlined in the SOGC Genetic Indications for Prenatal Diagnosis. Other indications may include a family history of chromosome conditions (eg. Down Syndrome), single gene disorders ( eg. cystic fibrosis), mental handicap, multifactorial conditions (eg. neural tube defects, congenital heart defects) and maternal conditions (epilepsy, diabetes, teratogen exposure). Consultation with prenatal genetics will provide patient-specific risk information and prenatal testing options.

# Healthy Mother Healthy Baby Questionnaire

March, 2007

This section in brief lists HMHB-Q question items, the rationale for their inclusion, recommended intervention(s) and screening tools, and a case study (see Figure 1). For detailed information and links to the other screening tools refer to the User Guide. Available on [www.aphp.ca](http://www.aphp.ca)

## Lifestyle

| Domain                           | Question Rationale  | Suggested Interventions  | Resource/Screening Tools  |
|----------------------------------|---|--|---|
| Nutrition (sections A, B, and F) | <p>Good nutrition and a well-balanced diet during the preconception and prenatal period can contribute to overall maternal and fetal health. Key nutrients (e.g., calcium, protein, iron and folic acid) are needed in greater amounts during pregnancy; however, fat-soluble vitamins (i.e., vitamins A, D, E, &amp; K) can produce toxic effects. Current evidence suggests that maternal consumption of prenatal multivitamins containing folic acid is associated with decreased risk for several congenital anomalies, including neural tube defects.</p> <p>Fish consumption has benefits and risk to the pregnant woman and the developing fetus.</p> <p>Of concern are top predator fish with high levels of methylmercury which includes swordfish, shark, tile fish, white albacore tuna and some sport fish.</p> | <p>Advise patient to:</p> <ol style="list-style-type: none"> <li>1. Take a folate enriched prenatal multivitamin daily. Supplement with folic acid if prenatal vitamin's folate levels are less than recommended 0.4 mg/day.</li> <li>2. Caution use of supplemental fat-soluble vitamins.</li> <li>3. Gain weight at a healthy rate (i.e., recommended weight gain = 11.5-16 kg or 25-35 lbs).</li> <li>4. Limit (&lt; 150 mg/day or 1-2 cups coffee/day) or cease caffeine consumption during pregnancy and breastfeeding.</li> <li>5. Use artificial sweeteners occasionally but do not recommend daily consumption.</li> <li>6. Eat small, frequent meals if patient is experiencing nausea and/or heartburn.</li> </ol> <p>Advise women that fish is a good source of protein and good for the developing brain of the baby. Suggest that fish choices include those with low levels of mercury such as wild and canned salmon, herring, sardines, trout, catfish, pollock, tilapia, mackerel (not King mackerel) and limit to 2 servings per week.</p> | <p><a href="http://www.toronto.ca/health/hphe/pdf/boh_fish_consumption2.pdf">www.toronto.ca/health/hphe/pdf/boh_fish_consumption2.pdf</a></p> |

| Domain                         | Question Rationale   | Suggested Interventions   | Resource/Screening Tools |
|--------------------------------|--|---|--------------------------|
|                                | <p>Maternal use of artificial sweeteners (e.g., aspartame) are generally safe; however, not recommended for they often replace nutrient dense foods and beverages.</p> <p>Some herbal teas/products can have toxic/pharmacological effects on both mother and fetus. There is limited quality assurance in the composition, preparation, and labelling of some herbal products</p>   | <p>Query patient's use of herbal teas/products and other naturopathic products/services. Investigate potential risk to pregnancy (e.g., stimulate uterine contractions increasing the risk of miscarriage or preterm labour)</p> <p>Refer patient to a Dietitian and/or to your local Canadian Prenatal Nutrition Program (CPNP) for additional intervention. A Dietitian will discuss the importance of key nutrients with patient if diet history alludes to limited use and/or access.</p> |                          |
| Food Safety (sections B and C) | <p>Exposure to bacteria and heavy metals can cause miscarriage, stillbirth and preterm labour. For example, <i>Listeria</i> is found in a variety of dairy products, leafy vegetables, fish, and meat products. Symptoms of exposure resemble a flu-like condition. <i>Toxoplasma</i> is transmitted by the consumption of contaminated raw meat or other raw foods (e.g., fruits and vegetables) or contact with cats via kitty litter and/or garden soil.</p> <p>Untreated water from lakes, streams, and rivers may be contaminated by bacteria, viruses, protozoa, and heavy metals (i.e., lead and/or mercury).</p> | <p>Offer patient information on how to reduce risk of exposure to bacteria, heavy metals (see Appendix A, Table II), and parasites. Advise patient to consume only pasteurized food/beverages; to practice safe food handling at home/work; to avoid consuming raw/partially cooked meat, poultry, eggs, and mould-ripened soft cheese or pate. To avoid contact with kitty litter/garden soil.</p>   |                          |

# Healthy Mother Healthy Baby Questionnaire

March, 2007

| Domain   | Question Rationale   | Suggested Interventions   | Resource/Screening Tools                               |
|--|--|---|--|
| Physical Activity (section G)                    | Beginning or continuing a moderate course of physical activity during pregnancy is not associated with adverse birth outcomes. Physical activity eases labour and delivery and speeds postnatal recovery. Regular physical activity also prevents constipation, backaches, varicose veins, and excess weight gain. | Advise patient to:<br>1. Avoid contact sports or sports that risk a fall.<br>2. Avoid being active outdoors on overly hot or humid days.<br>3. Exercise at a moderate level so that a normal conversation can carry on.<br>4. Drink lots of water before, during, and after exercise.<br>5. Decrease or stop activity if feeling tired. | PAR-med X for Pregnancy                                |
| Alcohol (section E)                              | Prenatal alcohol use and abuse can cause brain and nervous system damage in a developing foetus. No safe amount of alcohol consumption or time to drink alcohol during pregnancy has been established.   | Inform patient of the prenatal risks associated to substance use and exposure to second hand smoke, including risks associated to continued use while breastfeeding. Offer cessation strategies and/or refer patient to AADAC for intervention or treatment: call toll free: 1-866-332-2322. Ask about enhanced services for women.     | TACE<br>TWEAK  |
| Tobacco and Second Hand Smoke (sections E and I) | Smoking cessation reduces the risk of IUGR. Nicotine also increases fetal heart beat. Tobacco smoke contains 4,000 carcinogens, 50 of which are associated with cancer. A dose related effect of second hand smoke has been associated to LBW and preterm birth.   |   | CTUMS<br>SWQ<br>5A's<br>Readiness and Motivation Scale |

| Domain                              | Question Rationale  | Suggested Interventions  | Resource/Screening Tools              |
|-------------------------------------|---|--|---------------------------------------|
| Other Substances (sections E and F) | Cocaine, heroin, crystal meth, marijuana, etc., can cause LBW, birth defects, learning and behaviour problems, and/or newborn withdrawal symptoms. Most alcohol-containing medications are safe to use during pregnancy; yet, some produce blood alcohol levels similar to those obtained in 1 alcoholic drink. | Use caution when prescribing ethanol-containing medications to pregnant women. Query patient's use of ethanol-containing over-the-counter medications and assess risk (see Appendix A, Table I). | CAGE-AID<br>DAST<br>MAST/DAST<br>5P's |

## Physical Environment

|   |  |  |  |
|---|--|--|--|
| Occupation (Demographics and section H) | Ergonomic strain, stress, work schedules, and jobs that expose patients to chemical and biological agents may be associated with LBW, preterm birth, hypertension, pre-eclampsia, miscarriage, and depression. Patients at increased risk/exposure to cytomegalovirus infection and communicable diseases (e.g., chicken pox, Fifth Disease, measles, etc.) include day care workers, nurses, and mothers of young children. | Recommend patient use protective equipment and review safety information supplied at work and/or on substance containers.<br>Recommend adaptations to work tasks and schedules that can be discussed with the patient's employer.<br>Screen for immunization status and query patient's exposure to communicable diseases. |  |
| Hyperthermia (section I)                | Use of saunas, hot tubs, and attending ceremonial sweats increase internal core temperature and has been associated with increase risk of neural tube defects  | Recommend patient avoid situations where core temperature can be inadvertently elevated  |  |
| Toxins (section I)                      | See Appendix A, Table II for complete list of toxin types, associated outcomes, and sources of exposure.   |  |  |

## Social Environment

| Domain                             | Question Rationale  | Suggested Interventions   | Resource/Screening Tools       |
|------------------------------------|---|---|--------------------------------|
| Stress (sections J and N)          | Stress and serious life events can alter fetal neuro-endocrine and immunological processes either directly or indirectly through increased frequency of risky maternal behaviour(s) (e.g., tobacco, alcohol, and recreational drug use).                                | Assess factors that contribute to patient's life stressors. Help her understand the importance of and need for social support during prenatal and postnatal period. Refer to public health programming for peer support and/or health practitioner intervention. Rule out the possibility of underlying medical condition or a medication/substance use that may be contributing to a depressed state | ALPHA<br>EPDS<br>PRAMS<br>MSST |
| Depression (section P)             | Undiagnosed and untreated maternal depression can affect a woman's functional status and increase frequency of risky maternal behaviour(s). Medically diagnosed depression will likely continue through to postpartum if not managed appropriately.                     | Advise patient on proper seat belt use during pregnancy. Respond to IPV disclosure. Identify local intimate partner violence (IPV) resources that will provide culturally appropriate support and consider referring to public and/or community health services (e.g., social worker, public health nurse, etc) or a psychologist for additional support and follow-up.                               | WAST<br>SOGC                   |
| Personal Safety (sections O and P) | Proper use of seat belts during pregnancy is the most common personal safety issue addressed during the prenatal period.<br><br>National intimate partner violence (IPV) prevalence rates are on the rise (6% - 8%) increasing rates of preterm birth and fetal injury. |   |                                |

|  |  |  |  |
|--|--|--|--|
| <p>Breast Feeding Initiation (section R)</p> | <p>It is well known that breast milk provides nutritional, immunologic, psychological, cognitive, social, economic, and environmental advantages. Low rates of breastfeeding initiation are often associated to low-income, low education level, maternal smoking and alcohol consumption, and lack of social support from partner, family, and health care provider(s).</p> | <p>Personally promote breastfeeding initiation and duration, as well as refer patient to a lactation specialists, nurse, and/or peer counsellor for additional support (e.g., one-on-one or group education sessions). Explore various cultural beliefs and practices that may be associated to patient's breastfeeding intention and duration.</p>  | <p><a href="http://www.albertadoctors.org">http://www.albertadoctors.org</a></p> |
| <p>Dental Health (section K)</p>             | <p>Periodontal disease (e.g., gum and bone disease) may increase the risk of LBW and preterm birth.</p>  | <p>Advise patient to:</p> <ol style="list-style-type: none"> <li>1. Brush and floss daily to keep teeth and gums healthy.</li> <li>2. Continue to see their dentist for regular check-ups and cleaning if necessary.</li> <li>3. Avoid x-rays during pregnancy unless absolutely necessary. If x-rays are required, make sure they are given a lead apron.</li> <li>4. Inform their health care provider(s) if general anaesthesia is required for dental treatment</li> </ol> |  |

# Healthy Mother Healthy Baby Questionnaire

12

March, 2007

## Health System

| Domain                                     | Question Rationale   | Suggested Interventions  | Resource/Screening Tools |
|--|--|--|--------------------------|
| Access to Prenatal Care (sections L and M) | Early access to prenatal care and the ability to attend scheduled prenatal visits has demonstrated improved birth outcomes. Understanding barriers to and factors that influence patient's ability to attend may alert health care providers need for referral and/or flexibility in scheduling appointments | Review sections L and M to determine possible barriers to attending for prenatal care. Discuss strategies for reducing barriers and refer to public health for assistance. Respect cultural diversity and be sensitive to individual factors that can influence attendance. Coordinate prenatal appointments as much as possible to patient's ability to attend. |                          |

## Appendix A

Table 1: Common ethanol-containing medications

| Preparation                     | Active Ingredients                                       | Alcohol Concentration (%) |
|---------------------------------|--|---------------------------|
| Allermix elixir                 | Diphenhydramine  | 10-20                     |
| Balmiril Night-Time             | Ammonium chloride, Dextromethorphan, and Diphenhydramine | 1-10                      |
| Benadryl elixir                 | Diphenhydramine  | 10-20                     |
| Benylin DM-E syrup              | Diphenhydramine  | 1-10                      |
| Chofedyl elixir                 | Dextromethorphan and Guaifenesin                         | 20                        |
| Fermentol liquid                | Oxtriphylline  | 10-20                     |
| Gravol injection                | Pepsin   | 20                        |
| PMS-Phenobarbital elixir        | Dimenhydrinate   | 20                        |
| Robitussin Cough and Cold syrup | Phenobarbital  | 1-10                      |
| Senekot syrup                   | Guaifenesin  | 1-10                      |
| Septa injection                 | Senna concentrate  | 20                        |
| Tylenol with codeine elixir     | Trimethoprim and Sulfamethoxazole                        | 1-10                      |
| Zantac oral solution            | Codeine and Acetaminophen<br>Ranitidine                  | 7.5                       |

Table II: Environmental Toxins

| Hazards    | Type  | Associated Outcomes   | Sources of Exposure  |
|------------|---|---|--|
| Metals     | Lead  | Abnormal sperm, menstrual disorders, miscarriages, stillbirths, mental retardation.     | Solder, lead pipes, batteries, paints, ceramics, smelter emissions.  |
|            | Mercury   | Impaired fetal motor and mental development.  | Thermometers, mirror coating, dyes, inks, pesticides, dental fillings, fish from contaminated waters.      |
| Solvents   | Trichloroethylene, chloroform, benzene, toluene.  | Birth defects   | Dry cleaning fluids, degreasers, paint strippers, drug and electronics industries.                         |
| Plastics   | Vinyl chloride                                    | Decreased fertility, chromosomal aberrations, miscarriages, stillbirths, birth defects. | Plastics manufacturing   |
| Pollutants | Polychlorinated biphenyl, polybrominated biphenyl | LBW, stillbirths  | Pesticides; carbonless copy paper; rubber chemicals and electronic industries; fire retardants; food chain |
| Pesticides | 2,4,5-T and 2,4-D organophosphates                | Birth defects, miscarriages, LBW  | Farm, home, and garden insect sprays; wood treatment.  |
| Gases      | Carbon monoxide                                   | LBW, stillbirths  | Auto exhaust, furnaces, kerosene heaters, cigarette smoke.   |
|            | Anesthetic gases                                  | Decreased fertility, miscarriages, birth defects.                                       | Dental offices, operating rooms, chemical industries.  |
| Radiation  | Radiographs, radioactive materials                | Sterility, birth defects  | Medical and dental offices, electronics industries.  |

Source: Cefalo RC and Moos MK. *Preconception health promotion. In: Cefalo RC, Moos MK, eds. Preconception health care: A practical guide. 2nd ed. St. Louis: Mosby, 1995:41-2.*



## **CASE History**

Figure 1: Health Determinants – Logic Mapping

Consider the following case study adapted from HMHB-Q evaluation findings when interpreting an HMHB-Q:

Shelly is a 19 year old, single, low-income mother-to-be who is 25 weeks pregnant. She did not seek prenatal care earlier for she was unable to find a health care provider and she was considering an abortion. She describes in the HMHB-Q that her life is complex and fears that a health care provider may judge her personal life and circumstances. She recently moved to Alberta. She is stressed most days for she is unable to find enough working hours to afford a place to live, a secure food supply, and transportation. She is concerned that she is not eating healthy food, that she smokes too much, and that her teeth are bothering her. She recently experienced a very difficult break-up with the baby's father and reported an abusive relationship. Despite being abused, she is concerned that her baby will not have a father. Shelly states that her self-esteem is low and that her social support network is weak. She has few friends and family living among her and suggests that her family does not care about her or her baby's well being.

## Determinants of Health

- LIFESTYLE**
  - Substance use (tobacco)
  - Nutritional deficiencies
- ENVIRONMENT**
  - Income/Working Conditions
  - Social Support Networks (stress, depression, personal safety, dental health)
- HEALTH SYSTEM**
  - Inability to access health system/ prenatal care provider(s)

## Potential Risk Factors

- **Age** (< 24 years)
- **Education Level** (e.g., ≤ Grade 12)
- **Marital Status** (single)
- **Employment status/Impoverishment** (i.e., insufficient and/or nutritionally inadequate food; poor oral health; lack of affordable housing, transportation, and health benefits)
- **Stress related health problems/ behaviours and lack of social support** (e.g., tobacco, use during pregnancy; lack of perceived importance to receive prenatal care; unintended pregnancy)
- **Depression/poor self-care associated to negative life events**
- **Abuse**
- **Poor self-care**

## Potential Health Outcomes

- Fetal Outcomes**
  - Fetal injury and/or death
  - LBW/IUGR
  - FASD
  - Preterm birth (i.e., ↓ cardiovascular, respiratory, pancreatic and kidney development and function)

### Maternal Outcomes

- Preterm labour and delivery
- Placental abruption
- Stress-associated hypertension
- Nutritional deficiencies (e.g., insufficient weight gain; calcium, iron, folate deficiencies)
- Postnatal problems (i.e., breastfeeding initiation and/or duration; inability to cope with prenatal demands)
- Multiple chronic diseases
- Poor self-rated health

*NOTE: risk-specific screening is required to confirm potential risks gathered by the HMHB-Q.*

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# Notes

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# Notes

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# *Community Resource for Pregnancy and Baby Health*

by Alberta Health Regions



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**This resource is designed to facilitate referral of pregnant women to community prenatal and support services.**

The Alberta Prenatal Health Program is please to provide this resource in collaboration with the health regions and the Toward Optimized Practice Program.

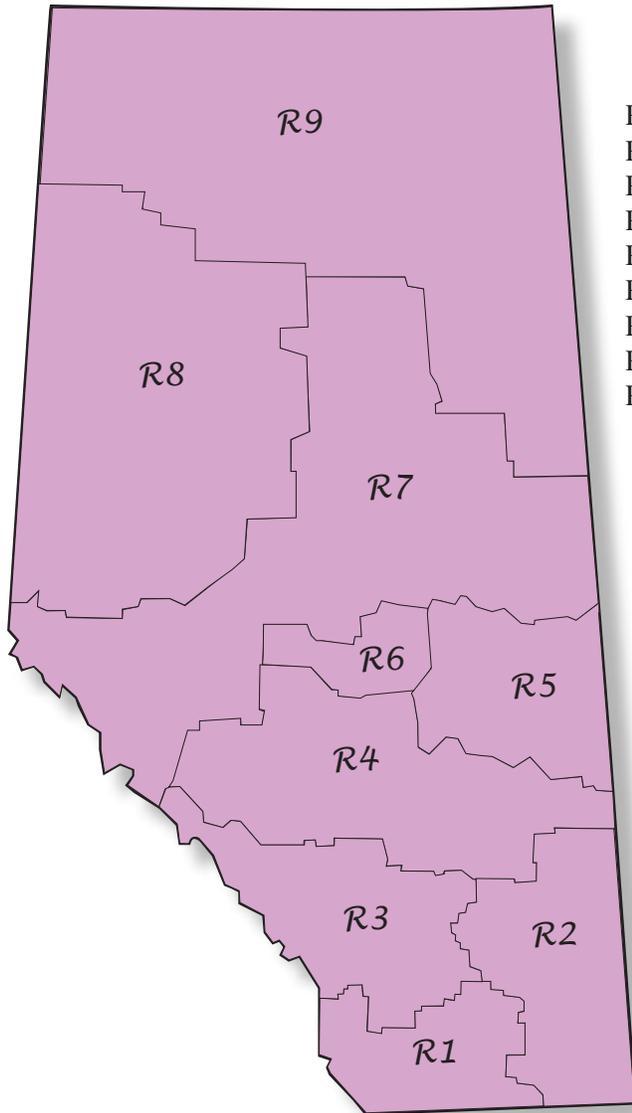
For more information visit our website <http://www.aphp.ca>

Every effort has been made to be inclusive of all resources.

Resources related to breastfeeding can be found at: [www.albertadoctors.org](http://www.albertadoctors.org)



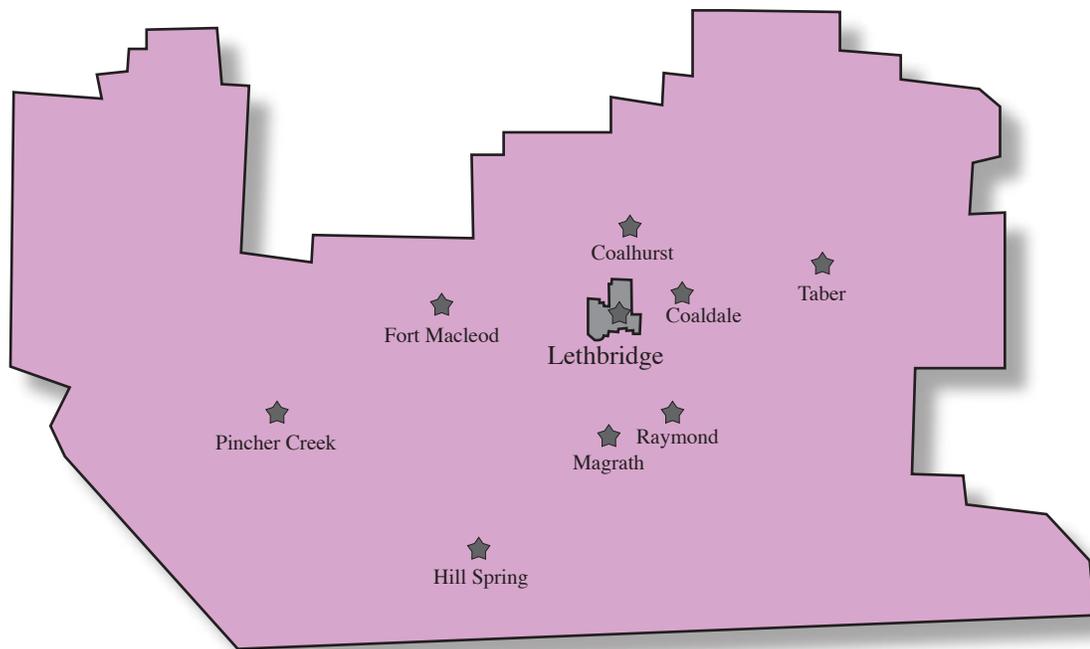
# Health Regions Map



- R1 Chinook Health Region - Lethbridge & area
- R2 Palliser Health Region - Medicine Hat & area
- R3 Calgary Health Region - Calgary & area
- R4 David Thompson Health Region - Red Deer & area
- R5 East Central Health - Camrose & area
- R6 Capital Health Region - Edmonton & area
- R7 Aspen Regional Health - Hinton, Bonnyville & area
- R8 Peace Country Health - Grande Prairie & area
- R9 Northern Lights Health Region - Fort McMurray & area



# Chinook Health Region



# Chinook Health Region

## **Alberta Screen Test Services**

Women's Health

Chinook Health

Phone: 1-800-667-0604

The Alberta Cancer Board Mobile Mammography Screening Program visits the Chinook Health Region rural communities annually or dependent on community needs. Women between ages of 40 - 69 can call to book a mammogram. However, only women between the ages of 50-69 years of age will receive letters of invitation to participate. Services are provided to: Taber, Milk River, Fort Macleod, Cardston, Pincher Creek, Blairmore, Standoff, and Brocket.

## **The Breast and Cervical Health Programs**

Women's Health

Chinook Health

Lethbridge Regional Hospital

960 19 St. South

Lethbridge, AB T1J 1W5

Phone: (403) 388-6324

Fax: (403) 388-6647

Hours of Service: Breast Health Program - Monday – Friday 8 AM- 4:15 PM

Referral process (Breast Health Program): is made by the client's physician. If the client does not currently have a family physician they can call the Breast Health Program and speak to the Coordinator.

Referral process (Cervical Health Program): an appointment can be accessed through self-referral

## **Breast Health Program (BHP)**

The program is open to women and men who have breast problems such as abnormal mammogram or ultrasound, breast lumps, nipple discharge, breast pain or other breast problems. The BHP provides comprehensive integrated breast health care through education, support, and coordination of services by a multidisciplinary team of family physicians, surgeons, radiologists, pathologists and nurses. There are five clinics for surgical consults with each surgeon having a 1/2 day clinic per week. Breast biopsies are organized via the Breast Health Program. At the initial appointment the client is given a history form to complete and is then seen by the physician. If a biopsy needs to be done, it is usually booked at a later appointment.

The BHP Library (lending library) has books on breast health and women's issues. As well, teaching on benign (non cancerous) breast problems and breast cancer is offered. Community Education is also offered and presentations are delivered by RNs from the program to small and large groups upon request.

# Chinook Health Region

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## **Cervical Health Program**

Women's Health

Chinook Health

Referral process: self-referral accepted.

When a self-referral is made to the Cervical Program the client gives the secretary their name, Alberta Health Care number and phone number. The Pap test is done by a female physician and a copy will be sent to the General Practitioner.

## **Community Education**

### **Breast and Cervical Health Programs**

Women's Health

Chinook Health

Lethbridge Regional Hospital

960 – 19th Street South

Lethbridge, AB T1J 1W5

Phone: (403) 388-6324

Fax: (403) 388-6647

Referral process: individuals or groups (services groups, women's groups) may contact the Breast and Cervical Health Program Coordinator to provide information sessions to the public.

Talks on Breast Health, Breast Cancer, and Cervical Health (Pap Smears) are offered by a Registered Nurse from the Breast and Cervical Health Programs.

### **Women's Health Program**

Women's Health

Chinook Health

Lethbridge Regional Hospital

960 – 19th Street South

Lethbridge, AB T1J 1W5

Phone (403) 388-6315

Referral process: individuals or groups (services groups, women's groups) may contact the Clinical Educator to provide information sessions to the public.

The Community Education Program: provides health promotion and supports to women to enhance informed decision making related to health issues, utilizes a partnership to secure funding to implement strategies, and provides staff education and competency programming for nursing staff for all six facilities.

# Chinook Health Region

## Gynecology Services

Women's Health

Chinook Health

Referral process: inpatient referrals require a physician's order. Once the order for referral is received, the order is entered in the Meditech system.

Gynecology Services promotes self-care and informed decision making through the provision of education, consultation, surgical and medical services throughout the life cycles. Surgical and medical services are offered at Lethbridge, Taber, Cardston, Pincher Creek, and Crowsnest Pass. Medical Services are also provided at Raymond. Referrals to Tom Baker Centre are provided for complex cancer patients.

Chinook Regional Hospital

960 - 19 Street South

Lethbridge, AB T1J 1W5

Phone: (403) 388-6111

Fax: (403) 388-6011

Chinook Health – Taber Health Centre

4326 50 Avenue

Taber, AB T1G 1N9

Phone: (403) 223-4461

Fax: (403) 223-1703

Chinook Health Cardston Health Centre

Postal Address: Box 1440

Cardston, AB T0K 0K0

Street Address: 144 - 2nd Street W.

Cardston, AB

Phone: (403) 653-4411

Fax: (403) 653-4399

Chinook Health – Pincher Creek Health Centre

Postal Address: Box 968

Pincher Creek, AB T0K 1W0

Street Address

1222 Mill Ave.

Pincher Creek

Phone: (403) 627-1234

Fax: (403) 627-5275

Chinook Health – Crowsnest Pass Health Centre

Postal Address: Box 510, Bag 1

Blairmore, AB T0K 0E0

Street Address

2001 - 107 Street

Blairmore

Phone: (403) 562-2831

Fax: (403) 562-8992

# Chinook Health Region

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## **Sexual Health**

Women's Health

Chinook Health

801 – 1st Avenue South

Lethbridge, AB

T1J 4L5

Phone: (403) 388-6674

Referral process: self-referrals accepted

Sexual Health services include: pregnancy testing and counseling, birth control information and prescription/supplies, STD/HIV screening, treatment, education, and contact tracing, clinical services including pelvic exams, STD screening and referrals, and outreach nursing services provide supports to the homeless and services shelters.

## **Wellness & Community Health**

Chinook Health

Immunization Coordinator – (403) 388-6684

School Health Coordinator – (403) 388-6687

Pre & Post Natal Coordinator – (403) 388-6682

Maternal Follow-up Coordinator – (403) 388-6667

CDC Coordinator – (403) 388-6664

Or call the local Community Health office

Hours of Service: 08:00 am – 4:30 pm (Monday – Friday)

For questions or concerns after 4:30 pm and/or weekends – call HealthLink 1-866-408LINK (5465)

Referral process: self-referral accepted by contacting the local community health offices

Provision of public health nursing services for individuals, families, groups and the community including: maternal child (prenatal, postnatal, breastfeeding support), communicable disease control, immunization (Well Child clinics, school, adult travel), school health, family health (parenting, screening, developmental assessment) services, and health promotion activities.

# Chinook Health Region

## Program Name – Public Health Nursing – Wellness & Community Health

Lethbridge Train Station  
801 1st Avenue South  
Lethbridge, AB T1K 4L5  
Phone: (403) 388-6666  
Fax: (403) 328-5934

Cardston Community Health  
Box 1590 – 576 Main Street  
Cardston, AB T0K 0K0  
Phone: (403) 653-4981  
Fax: (403) 653-2926

Coaldale Community Health  
Box 1000 – 2012 – 18 St  
Coaldale, AB T1M 1M8  
Phone: (403) 345-3000  
Fax: (403) 345-2043

Crowsnest Pass Community  
Box 67 – 12501 20 Ave  
Blairmore, AB T0K 0E0  
Phone: (403) 653-7378  
Fax: (403) 562-7379

Fort Macleod Community  
Box 727 – 521 – 26 St.  
Fort Macleod, AB T0L 0Z0  
Phone: (403) 553-4451  
Fax: (403) 553-2333

Magrath Community Health  
Box 126 – 135 Civic Ave.  
Magrath, AB T0K 1J0  
Phone: (403) 758-3331  
Fax: (403) 758-3332

Milk River Community  
Box 236 – 517 Centre Ave  
Milk River, AB T0K 1M0  
Phone: (403) 647-3430  
Fax: (403) 347-3435

Picture Butte Community  
Box 652 – 301 Cowan Ave.  
Picture Butte, AB T0K 1V0  
Phone: (403) 732-4762  
Fax: (403) 732-5062

Pincher Creek Community  
Box 1685 – 782 Main St.  
Pincher Creek, AB T0K 1W0  
Phone: (403) 627-3266  
Fax: (403) 627-2771

Raymond Community  
Box 251 – 200 W 200N  
Raymond, AB T0K 2S0  
Phone: (403) 752-3303  
Fax: (403) 752-4655

Taber Community  
5009 – 56 St  
Taber, AB T1G 1M8  
Phone: (403) 223-4403  
Fax: (403) 223-8733

Vauxhall Community  
General Delivery  
Vauxhall, AB T0K 2K0  
Phone: (403) 654-2232  
Fax: (403) 654-2134

# Chinook Health Region

## Services for Women, Children and Families

### Home Visitation Programs

Office Hours: Monday to Friday, 8:15 a.m. – 12:00 p.m. and 1:00 p.m. to 4:30 p.m.

Phone: (403) 388-6351

Fax: (403) 328-3628

Access: a brief interview with you to explore the type of program that best meets you and/or your family's needs

Referral process: self-referrals accepted

The Family Health, Home Visitation Programs are designed to meet the unique needs of parents and individuals. Services are offered for up to three years, are free and participation is voluntary.

The strategies used focus on key health promotion approaches related to home visitation. Home visitation advocates assist individuals and parents to develop skills in self-help/mutual aide, enhancing social support networks, raising awareness of healthy child development, skills building, life skills and healthy coping strategies. Parents and individuals are encouraged and supported to make healthy choices for themselves and their children.

Home visitation advocates offer support in the following areas: assist parents and individuals in recognizing their strengths, improve the parents and individuals support systems, promote positive parent-child interaction, promote healthy childhood growth and development, help parents with encouragement and support so they can help their babies grow into healthy and happy adults.

Home visitation advocates provide: home visits that support parents and individuals, activities that help your baby learn, support and assist in linking parents and individuals to community resources, problem solving strategies, advocacy when experiencing barriers accessing other community supports, transportation to essential medical services.

Eligible participants may include: parents expecting a new baby, first time parents, pregnant women with limited supports, single mothers, single fathers

Specialized Services and Programming for: pregnant women with substance use issues, women who have been diagnosed by a physician or are suspected to have Fetal Alcohol Spectrum Disorder, women who have given birth to a child diagnosed with Fetal Alcohol Spectrum Disorder and capable of giving birth to another child.

# Chinook Health Region

## **Drop in Clinic for Infants and Preschool Children**

Lethbridge Community Health site

Train Station

801 – 1st Avenue South

Lethbridge, AB T1J 4L5

Phone: (403) 388-6666

Referral process: self-referral

Access: no appointment necessary - Dates: every Wednesday at 1:30 p.m. – 3:30 p.m.

Come in to see a Public Health Nurse and have your baby's weight checked or discuss any concerns you may have such as: nutrition, sleep patterns, behavior, toileting, growth and development, and safety.

## **Children's C.A.R.E. Services**

Provincial Building, A2:52, 200 – 5 Av. S.

Lethbridge, AB T1J 4C7

Phone: (403) 329-5255

Fax: (403)329-5260

Hours of Service: Monday-Friday, 8:00 a.m. to 4:30 p.m.

Children's C.A.R.E. Services is staffed by professionals and provides education, rehabilitative care and therapy, assistive technology, and family support to children with speech, hearing, physical, occupational, and behaviour problems, as well as specialty services including feeding, augmentative communication, seating, and baby clinics.

## **Cooking Club**

Referral process: self-referral accepted

Phone: (403) 388-8138

The cooking Club meets once or twice a month to prepare four to five meals for their families. A group leader helps with the meal planning and cooking of the meals. This is a great way to save time and money while providing your family with delicious meals that are good for you. Members of the Better Beginnings Program can receive \$40.00 worth of food.

## **Making Baby Food**

Referral Process: self-referrals accepted

Phone: (403) 388-6666, Ext. 3403

Good nutrition and healthy eating begins at home, and for some families that includes homemade baby foods. This class is great for parents and caregivers who would like to provide their babies with nutritious and delicious

# Chinook Health Region

baby food while saving money. Better Beginnings clients may receive a cookbook for free when attending the Making Baby Food class. Non-Better beginnings clients can purchase a grinder or cook book. Courses offered in Lethbridge, Taber and other areas within the Chinook Health as needed.

Lethbridge Community Health Site  
Train Station  
801 – 1st Avenue South  
Lethbridge, AB T1J 4L5  
DLE Classroom - A132

Taber Health Centre  
5009 – 56th Street  
Taber, AB T1G 1M8  
Phone: (403) 223-4403  
Fax: (403) 223-8703  
Inservice Room

## **Diabetes Pregnancy Program**

Referral process: self-referrals are accepted

Phone: (403) 388-6675

The Diabetes Pregnancy Program helps pregnant women who are diagnosed with Type 1, Type 2, or Gestational Diabetes. The clients are followed closely with the diabetes health care team (nurse and dietitian).

## **Better Beginnings**

Referral Process: self-referral accepted

Phone: (403) 388-661

Better Beginnings is a Program that offers non-judgmental support to pregnant and parenting women in the Chinook Health Region. This Program is offered free of charge and is funded by Health Canada's Prenatal Nutrition Program and the Chinook Health. The client will receive free: support, milk, vitamin/mineral supplements, and information about pregnancy and taking care of yourself and your baby.

## **Kick Butt for Two – Better Beginnings**

Referral process: self-referrals accepted

Phone: (403) 388-6661

This program is for those individuals who are pregnant or planning pregnancy and want to quit smoking. Speak to the Better Beginnings Network member for ways to help quit smoking.

## **Bosom Buddies**

Referral process: self-referrals accepted

Phone: (403) 388-6666, ext 3418

This support program used telephone contact to provide a supportive environment for breastfeeding moms. Experienced breastfeeding moms volunteer their time to share their experience and knowledge. To volunteer to share your experience and knowledge or for moms who are breastfeeding a new baby call the contact number.

# Chinook Health Region

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## **Breastfeeding Support Services**

Referral process: self-referrals accepted

Phone: (403) 388-6283

This service offers hospital, clinic and home visits for families experiencing difficulties with breastfeeding. Educational sessions are also available for the parents or other interested groups. Mothers can contact the service directly; there is no need for a referral from a health care professional. Get the information and support you need to maintain a breastfeeding relationship that is satisfying to both mother and baby.

## **Postpartum Depression Support Group**

Referral process: self-referrals accepted

Phone: (403) 388-6666

Meets every Thursday at 7:00 p.m.

This self-help group meets weekly to gain the support they need after the birth of a baby.

Lethbridge Community Health Site

Train Station

801 – 1st Avenue South

Lethbridge, AB T1J 4L5

## **Prenatal Child Care Seat Safety**

Referral Process: Self-referral accepted

Phone: (403) 388-6677

Prenatal Child Care Seat Safety classes designed to answer questions about your newborn's car seat. Information covered in these classes include correct seat for a newborn, questions about installing the care seat, and questions about putting the newborn into the car seat. Registration prior to attending class is mandatory due to space availability.

## **Healthy from the Start: Prenatal**

Referral Process: Self-referral accepted

Phone: (403) 388-6682

Fee: \$45.00 for entire set of Healthy Pregnancy classes (Fees may be waived depending on circumstances)

The Prenatal Education Program is available region wide at 10 sites. The group education classes include:

# Chinook Health Region

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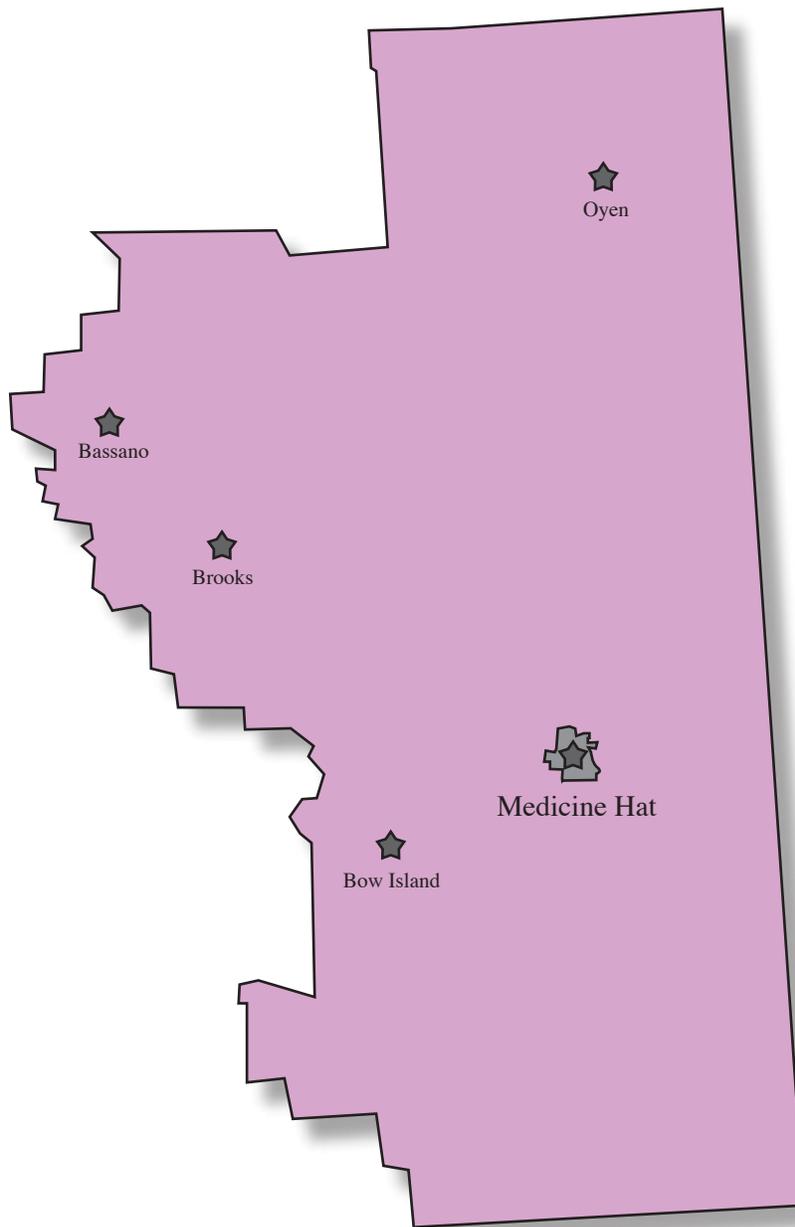
individual services provided as required, information regarding preconception health issues, pregnancy changes, health promotion, breastfeeding, labour preparation and transitions in the early postnatal period.

There is prenatal drop-in available with Better Beginnings on Monday to Friday. Prenatal classes for expectant parents provides information about: coping skills for pregnancy, birth and life; eating well for you and your baby; exercise and pregnancy; preparing to breastfeed; emotional and physical changes of pregnancy; and being a new parent classes and getting your baby off to a good start.

A variety of classes are offered and designed to meet the unique needs of each pregnant woman. Participants are invited to bring a support person with them to the class. The classes include information about: healthy pregnancy, labour preparation, breastfeeding, refresher class, physician question and answer class with an obstetrician and anesthesiologist available to answer questions, siblings, and multiple birth class. Individual sessions can be arranged.



# Palliser Health Region



# Palliser Health Region

## Breast Feeding Support Programs

|              |                |
|--------------|----------------|
| Medicine Hat | (403) 502-8200 |
| Brooks       | (403) 501-3300 |
| Bow Island   | (403) 545-2296 |
| Oyen         | (403) 664-3651 |

Breastfeeding information and support are available through a Lactation Consultant and/or Public Health Nurses. These services include: breastfeeding classes, help with initiating and maintaining breastfeeding, prevention and treatment of common concerns, access to electric breast pump to treat a specific problem, information on collecting and on weaning.

## Prenatal Classes

|              |                |
|--------------|----------------|
| Medicine Hat | (403) 502-8215 |
| Brooks       | (403) 501-3300 |
| Bow Island   | (403) 502-8215 |
| Oyen         | (403) 664-3651 |

Our prenatal classes are a series of nine evening classes. If there is enough demand, a one-day Saturday class or a Young Parents (Teen) Class series may be offered. The classes provide expectant parents information on: nutrition, growth and development stages of the baby, labor and birth, relaxation and breathing skills, breastfeeding, care of the newborn, postnatal topics.

## Community Nutrition Services

|              |       |                |
|--------------|-------|----------------|
| Medicine Hat | Phone | (403) 502-8209 |
|              | Phone | (403) 502-8225 |
|              | Fax   | (403) 528-2250 |
| Brooks       | Phone | (403) 501-3315 |
|              | Fax   | (403) 501-3323 |

We promote the nutritional health and well being of people throughout all stages of the life cycle. Community nutritionists, (registered dietitians) partner with health practitioners, schools, community agencies, and volunteers to provide nutrition education and develop programs that promote health and prevent disease in relation to community needs.

We offer: regular classes on infant and toddler nutrition, feeding, related topics as well as regular classes on prenatal nutrition.

# Palliser Health Region

## **Tobacco Reduction**

|                |                |
|----------------|----------------|
| Brooks/Bassano | (403) 501-3204 |
| Medicine Hat   | (403) 502-8224 |
| Bow Island     | (403) 545-3200 |
| Oyen           | (403) 664-3651 |

The Tobacco Reduction Coalition of South Eastern Alberta is comprised of Palliser Health Region staff and representatives from various community organizations and groups. The purpose of the Coalition is to:

1. Work cooperatively to reduce the harmful effects of tobacco and environmental tobacco smoke.
2. Provide support and assistance to individuals and groups addressing tobacco reduction.
3. Support municipal, provincial and federal initiatives that reduce the harmful effects of tobacco and environmental tobacco smoke.

## **Postpartum Support Services**

|              |                |
|--------------|----------------|
| Medicine Hat | (403) 502-8200 |
| Brooks       | (403) 501-3300 |
| Bow Island   | (403) 545-2296 |
| Oyen         | (403) 664-3651 |

On weekends from 10 a.m. to 4 p.m. call:

|              |                |
|--------------|----------------|
| Medicine Hat | (403) 548-0553 |
| Brooks       | (403) 362-0560 |

Public Health Nursing provides; Telephone support and/or home visits to all new mothers and infants in the postpartum period; Education and/or counseling on a variety of topics such as nutrition, safety, family violence, infant/child growth and development. This is done through home visits, telephone calls, parenting classes and well-child immunization clinics: Assessment for Healthy Start Program. Postpartum depression support groups.

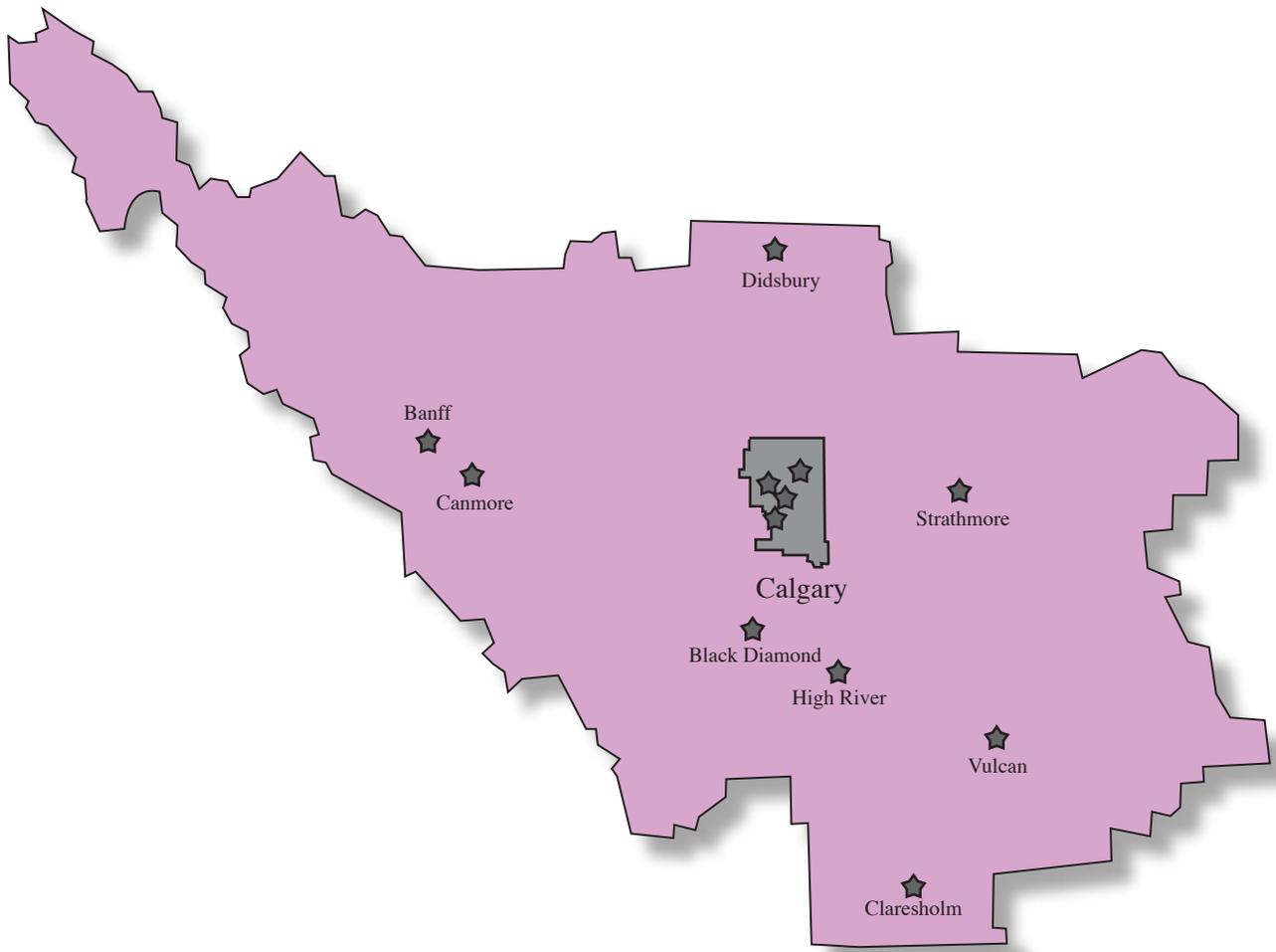
## **Parenting Support**

|               |                                       |
|---------------|---------------------------------------|
| Medicine Hat: | Phone: (403) 529-8966                 |
|               | Public Health Nursing: (403) 502-8200 |
| Brooks        | (403) 501-3300                        |
| Bow Island    | (403) 545-2296                        |
| Oyen          | (403) 664-3651                        |

Several programs are offered to provide parenting information, guidance and support. Programs include: Healthy Start, Baby and You, Kids In Between, 1-2-3 Magic, Kids in Control, Social Skills Group. We also make referrals to: Best Babies, and Building Blocks.



# Calgary Health Region



## **Best Beginning**

Best Beginning is a free, confidential program for pregnant women and their supporters/partners who:

- need information to make healthy choices during pregnancy
- feel alone and isolated
- face language or cultural barriers
- are living on a low income

Free food, milk and vitamins are provided, as well as information about pregnancy and parenting, and connection to other community resources. Staff work with pregnant women and their families on a one-to-one basis or in groups.

## **Expecting to Quit**

Are you pregnant or a new mother? Are you thinking about quitting smoking? This free series will help you plan to cut down or quit smoking. Talk and have support while you learn about the process of quitting: managing cravings, reducing stress and overcoming obstacles. Call 781-1450 to register.

## **Substance Abuse**

### **Smoke Free Calgary**

This website provides information about second hand smoke as well as a searchable database for 100% smoke-free establishments in Calgary and surrounding areas.

<http://www.smokefreecalgary.com>

## **The Environment**

### **Pregnant and Working? Keep your workplace safe for you and your baby.**

A Calgary Health Region brochure

<http://www.calgaryhealthregion.ca>

## **Parental and Parenting Classes**

Over 30 different courses are offered by Calgary Health Region Prenatal Education. They include healthy lifestyles in pregnancy, preparing for childbirth, preparation for your new baby, parenting classes and lots more! Classes are available for your whole family. Some classes are free and others have a registration fee.

# Calgary Health Region

**For a complete list of classes, visit our website at [www.birthandbabies.com](http://www.birthandbabies.com) or call 781-1450 to register. Classes include:**

## **Pregnancy**

Early Pregnancy Class  
Nutrition for Your Healthy Pregnancy  
Relax for Pregnancy and Labour  
Prenatal Yoga  
Pregnancy Massage for Couples  
Budgeting for Baby  
Expecting to Quit  
Free Baby Care Fairs

## **Childbirth**

Childbirth Essentials – Weeknight or Weekend  
Birth and Babies  
Twin and Triplet Childbirth Essentials  
What's New for Baby #2  
Friday Night Date and Refresher Class  
VBAC Refresher  
Cesarean Birth  
Hospital Orientation  
Epidurals for Labor (Call 944-1430 to register)

## **Rural Classes**

Classes are offered in Airdrie, Banff, Canmore, Claresholm, Cochrane, Didsbury, High River, Okotoks and Strathmore. Call 781-1450 or 1-866-471-7011 (toll free) for more information and to register.

## **Prepare for Your New Baby**

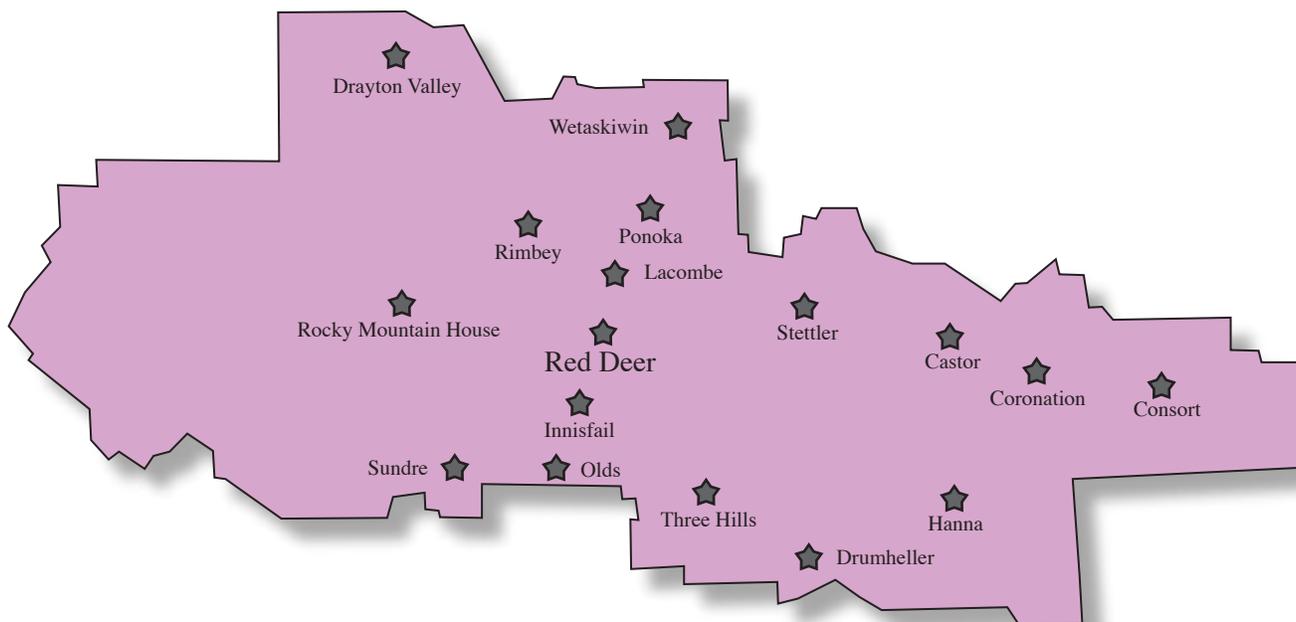
Baby Care  
Adoptive Baby Care  
Breastfeeding  
Twins / Triplets Breastfeeding  
Twins, Triplets and More: Adjusting to Parenthood  
Sleep Like a Baby  
Infant/Child CPR  
Helping Your Child Adjust to a New Baby  
Big Brother, Big Sister  
Especially for Fathers  
New Baby, Old Pet?  
Safety First  
The Joy of Grandparenting

## **As Baby Grows**

Baby and You for Moms  
Daddies and Babies  
Infant Massage  
Feeding Your Baby  
Sleep Workshop for Tired Parents  
Postnatal Yoga  
Baby Talk



# David Thompson Health Region



# David Thompson Health Region

*Please Note: Not all programs and services are offered at all sites. Please contact your local community health centre or Health Link Alberta*

## **Diabetes Education Centre**

Individual care appointment provides one-on-one consultation with a diabetes educator (registered nurse and/or registered dietitian) for women with gestational diabetes and for pregnant women with pre-existing diabetes (Type 1 or 2). The Diabetes Education team works in collaboration with the woman's primary care physician and other available services within the region to provide education and management skills for optimal blood glucose control during pregnancy.

Services are available throughout the DTHR region by telehealth (videoconferencing) at rural facilities.

Diabetes Education Program - Central Booking throughout the region:

Phone 403-314-5780 / 1-888-343-4623

Fax 403-314-5633 / 1-866-314-5633

## **Genetics Outreach**

Prenatal genetic counseling is available to all pregnant women between 9-18 weeks gestation. Information regarding prenatal screening and testing options is discussed on an individual basis. Outreach genetic nurses provide service to all families in DTHR. Their offices are based in the Elnora, Wetaskiwin and Red Deer 49th Street community health centres.

## **Teen/Young Adult Sexual Health Clinic**

Provides services to clients under the age of 25 related to sexual and reproductive health. This includes pregnancy testing, pregnancy options information, pap testing, birth control information and prescription, and STI (including HIV testing) diagnosis and treatment. Alberta Health Care Insurance is not required. Services are provided by public health nurses and physicians. Appointments are recommended.

Red Deer 49th Street Community Health Centre

## **Pregnancy Support Programs**

Provides food supplements, nutrition education, prenatal education and support to women during their pregnancy and continuing after the birth of their baby. Women in this program have risks to a healthy pregnancy such as low income, poor nutrition, smoking, substance use, violence in their relationship, geographic or social isolation. The programs are based on the Public Health Agency of Canada's guidelines for Canada Prenatal Nutrition Programs. They are offered in partnership with community agencies and Public Health.

Available in some communities in DTHR

## **Postpartum Mental Health**

Diagnosis and interventions for women and their families experiencing postpartum mood disorders is available through all Mental Health Centres in the region. A therapist specializing in postpartum mental health is available at the Red Deer Mental Health Centre only.

## **Prenatal Classes**

Prenatal education classes are offered to all women and their support person, starting in the first months of pregnancy. These classes provide information and techniques that promote a healthy pregnancy and build confidence for the birth and early parenting experience. Early and late pregnancy classes may be offered on consecutive weekdays, Saturdays or a combination of the two depending on the location.

Available in most community health centres.

Classes designed for the pregnant teen are available in Drayton Valley, Wetaskiwin and Red Deer

## **Public Health Nursing**

Provides education, health counseling, health assessment related to maternal health, baby care, breastfeeding, infant nutrition, growth and development, safety, early parenting and more. Services are delivered through home visits, telephone, drop-in groups, parenting classes, and/or well child immunization clinics. Women are offered an opportunity to be screened for postpartum depression and for eligibility for home visitation services.

Available in all communities

## **Breastfeeding Support Services**

Information, problem solving strategies, interventions for common concerns, access to electric breast pumps are provided by public health nurses and/or lactation consultants in all community health centres in the region.

Breastfeeding Drop-in Groups are offered in Drayton Valley, Red Deer and Sundre

Lactation Consultants are available in Consort, Drayton Valley, Red Deer and Wetaskiwin

## **Early Intervention Program**

Home based program for families who have children birth to six years of age with a disability, developmental delay and/or behaviour challenges. The consultant provides information, referral and play-based developmental programming to enhance the ability of children and families. The program also assists families in connecting and building relationships with other services in the community.

Available in some communities

# David Thompson Health Region

## Early Parenting Programs

Provides education, combined with peer and professional support, to parents with young babies. Offered in a class or a drop-in group format depending on the program and the community.

Available in some communities

## Home Visitation Programs

Home based program to support families in providing a nurturing, stimulating and safe environment for their children from birth to five years of age. Based on a review of their situation, families with new babies will be offered home visiting services by trained staff in a way that meets their specific needs. They are offered in partnership with community agencies and Public Health.

Healthy Start Healthy Children serves Wetaskiwin, Drayton Valley and surrounding areas.

Healthy Families serves most of the remaining communities in DTHR

|  |                |
|--|----------------|
| Castor Community Health Centre:                  | (403) 882-3404 |
| Consort Community Health Centre:                 | (403) 577-3770 |
| Coronation Community Health Centre:              | (403) 578-3200 |
| Drayton Valley Community Health Centre:          | (780) 542-4415 |
| Drumheller Health Centre:                        | (403) 820-6004 |
| Eckville Community Health Centre:                | (403) 746-2201 |
| Elnora Community Health Centre:                  | (403) 773-3636 |
| Hanna Health Centre:                             | (403) 854-3331 |
| Innisfail Health Centre:                         | (403) 227-7820 |
| Lacombe Community Health Centre:                 | (403) 782-3218 |
| Olds Community Health Centre:                    | (403) 556-8441 |
| Ponoka Community Health Centre:                  | (403) 783-4491 |
| Red Deer 49th Street Community Health Centre:    | (403) 314-5225 |
| Red Deer Bremner Avenue Community Health Centre: | (403) 341-2126 |
| Rimbey Community Health Centre:                  | (403) 843-2288 |
| Rocky Mountain House Community Health Centre:    | (403) 845-3030 |
| Stettler Community Health Centre:                | (403) 742-3326 |
| Sundre Community Health Centre:                  | (403) 638-4063 |
| Sylvan Lake Community Health Centre:             | (403) 887-2241 |
| Three Hills Community Health Centre:             | (403) 443-5355 |
| Wetaskiwin Community Health Centre:              | (780) 361-4333 |
| Winfield Community Health Centre:                | (780) 682-4755 |

# East Central Health Region



# East Central Health Region

Childbirth Education classes are taught throughout the region by professional childbirth educators. The classes are offered in 6 week sessions or in a weekend format. Refresher classes are also available to those parents who want to review when having a subsequent birth. Prospective parents are encouraged to register for the first class in the series during the first three months of pregnancy.

The classes offer the opportunity to learn more about pregnancy, labour and birth, including nutrition, fetal development, maternal changes, pain management, breastfeeding, unexpected outcomes, baby care and the Postpartum period. The chance to practice relaxation skills, breathing techniques and comfort measures is also provided.

Childbirth Education classes enable participants to plan for a satisfying birth experience.

The cost of these classes is \$50.00. If you are unable to pay this amount please speak with your instructor so other arrangements can be made.

## **Camrose**

Early Pregnancy Class and late Pregnancy Class and Buckle Up Baby classes. For more information or to join a class, please contact the Public Health Office at (780) 679-2980.

## **Killam**

Late pregnancy class. For more information or to join a class, please contact the Public Health Office at (780) 384 3652. Weekend and refresher classes available on an as needed basis.

## **Kitscoty**

Childbirth education and Buckle Up Baby classes. For more information or to join a class, please contact the Public Health Office at (780) 846-2824.

## **Lamont**

For more information or to join a class, please contact the Public Health Office at (780) 895-2211.

## **Mannville**

For more information or to join a class, please contact the Public Health Office at (780) 763 3621.

## **Provost**

Early and late pregnancy classes. For more information or to join a class, please contact the Public Health Office at (780) 753-6180.

# East Central Health Region

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## **Sedgewick**

For more information or to join a class, please contact the Public Health Office at (780) 384-3652.

## **Tofield**

For more information or to join a class, please contact the Public Health Office at (780) 662 3984.

## **Two Hills**

For more information or to join a class, please contact the Public Health Office at (780) 657 3361.

## **Vegreville**

Childbirth Education and Buckle Up Baby classes. For more information or to join a class, please contact the Public Health Office at (780) 632-5270.

## **Vermillion**

Late pregnancy class and Buckle Up Baby classes. For more information or to join a class, please contact the Public Health Office at (780) 853-5270.

## **Viking**

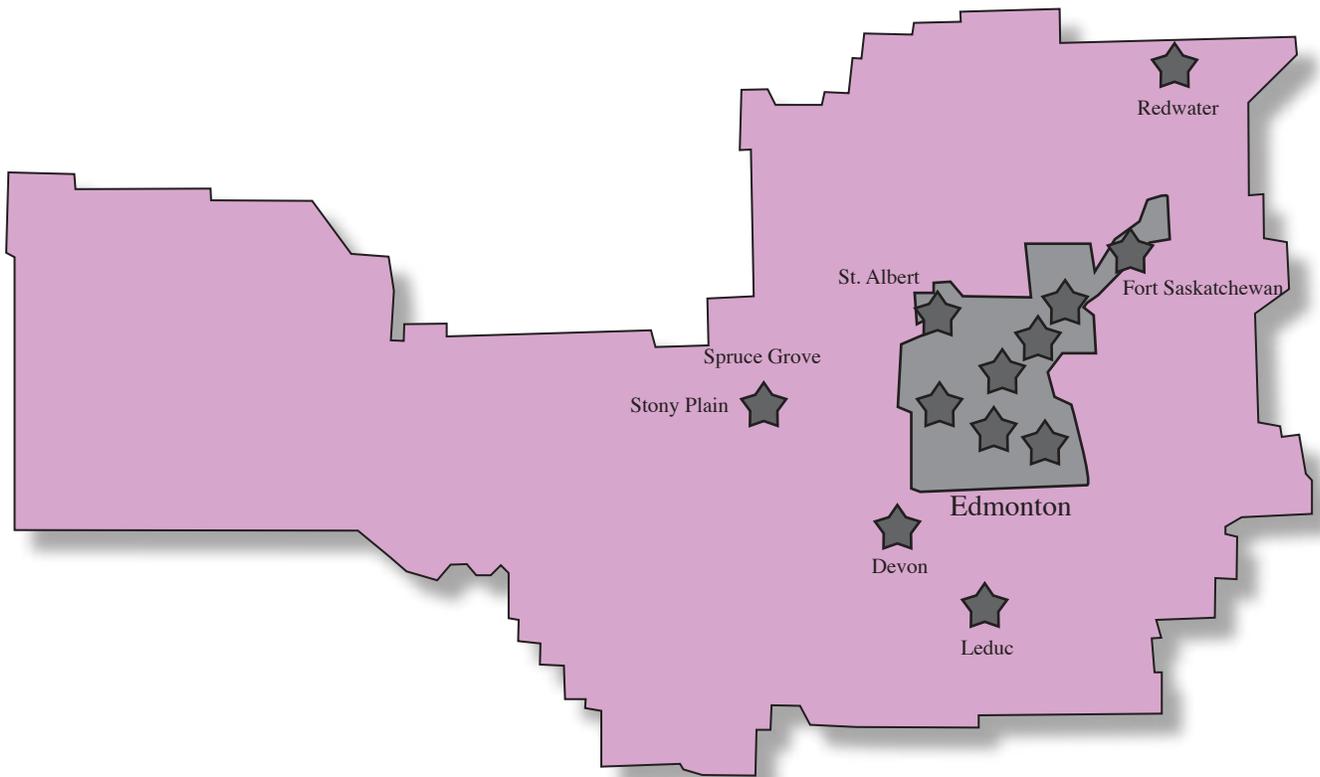
For more information or to join a class, please contact the Public Health Office at (780) 336-4786.

## **Wainwright**

Late pregnancy class and Buckle Up baby classes. For more information or to join a class, please contact the Public Health Office at (780) 842-4077.



# Capital Health Region



# Capital Health Region

## **Preconception**

### **Preconception Class**

Community Health Services

Capital Health

Phone (780) 413-7980

This class is designed for women and their partners who are thinking about becoming pregnant. Provides information on pre-pregnancy health care, genetic screening, nutrition, exercise, healthy lifestyle choices, and environmental and work hazards. The classes are offered regularly at public health centres throughout the region.

The class is offered monthly at public health centres throughout the region on week nights or Saturday mornings. There is no fee for this class.

## **Healthy Pregnancy**

### **Prenatal Classes**

Early Pregnancy Class

Community Health Services

Capital Health

Phone (780) 413-7980

For women and their partners who have just found out they are pregnant, this class provides the information needed for a healthy pregnancy. It covers: fetal development, prenatal care, nutrition, healthy lifestyle choices, exercise, coping with the discomforts of pregnancy, hazards to avoid while pregnant, and signs and symptoms of complications.

The class is offered monthly at public health centres throughout the region on week nights or Saturday mornings. There is no fee for this class.

Community Health Services Prenatal Classes

Community Health Services

Capital Health

Phone (780) 413-7980

Prenatal classes for first time parents, second time moms who have waited more than five years to have another child, or first time dads. Classes include information on pregnancy, preparation for labour and birth, relaxation, changes after birth, breastfeeding, baby care, and adaptation to parenthood. They are offered as a series of six evening sessions or a one or two day weekend session at public health centres throughout the region. There is a fee of \$65.00. Fee reductions are available for low income women.

# Capital Health Region

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## Sturgeon Community Hospital

Phone: (780) 418-8296

201 - Boudreau Road

St. Albert, AB T8N 6C4

Prenatal Program provides prenatal classes (full series or one-day “crash” course). Also provides breastfeeding classes and monthly prenatal hospital tours.

## Grey Nuns Community Hospital

Phone: (780) 735-7449

1100 - Youville Drive

Edmonton, AB T6L 5X8

Prenatal services provides an educational program for parents and/or family supports to provide them with information which may help them cope with labour, delivery and the immediate postpartum period. Parenting is also covered in regards to coping at home with a newborn as well as UIC info.

## Misericordia Community Hospital

Phone: (780) 735-2760

S Wing 307

16940 - 87 Avenue

Edmonton, AB T5R 4H5

This program gives information on how to cope with labour and birth, delivery, immediate postpartum care and initial care of the newborn. There is a lecture and exercise program which will give the couple tools to use during their stay in the hospital. It gives information and tips on how to cope at home in the first few days with a newborn and how to care for themselves following delivery. Some parenting skills are taught. Will also take younger moms. Fee \$75.00

## Royal Alexandra Hospital

Phone: (780) 735-4204

10240 - Kingsway Avenue

Edmonton, AB T5H 3V9

Provide a teaching program for pregnant women on an outpatient basis to help them understand and prepare for the pregnancy, labour and delivery, and early parenthood. Class size is limited usually to 8 couples. There are specialty classes for multiple birth - twins and triplets.

# Capital Health Region

There are three different types of classes offered at the Royal Alex: The fee schedule varies per program.

1. Regular six week series including breastfeeding. Cost is \$85 per couple.
2. Weekend class held on every second Saturday. Breastfeeding is not part of the scheduled lectures. Cost is \$65 per couple.
3. Multiple birth classes offered Wednesday nights and run as needed. There is not a great deal of time spent on labor as many women are booked for C sections etc. Cost is \$85. Couples are encouraged to sign up as soon as possible for these classes as due dates usually are shorter.

Hospital tours are offered every second Saturday and cost \$10 per couple or \$5 per person. Health for Two mothers have no charge. Tours are two hours in length and again people are urged to book far in advance as classes fill up quickly. Tour time is also spent on car seat safety.

## **Classes in Languages other than English**

See Multicultural Resources:

- Dragon Rise
- Multicultural Health Brokers

## **Prenatal Nutrition Counseling**

Royal Alexandra Hospital

(780) 735-5687

10240 - Kingsway Avenue

Edmonton, AB T5H 3V9

Referral Needed: Yes

Fees: No

In this service, a dietitian provides diet teaching to high risk pregnant women and women who are trying to become pregnant.

Note: Health professional (physician, nurse, agency worker, etc) completes the Royal Alexandra Hospital Nutrition and Food Service Outpatient Nutrition Counseling form and faxes this form to 735-5105 or phones 735-5868 to book an appointment. Nutrition Service will contact the patient directly to inform him/her of their appointment date and time.

Prenatal Care

Shared Care Maternity Program

WestView Health Centre

4405 – South Park Drive

Stony Plain, AB T7Z 2M7

Phone: (780) 968-3680

# Capital Health Region

The Shared Care Maternity Program involves a team of physicians, midwives, acute nurses, and public health nurses working with clients to provide quality low risk maternal newborn care. The collaborative approach to care ensures consistency, continuity, and coordination of antepartum, intrapartum, and postpartum care within the facility and in the community. Fathers and partners are welcome.

## **Pregnancies at Risk**

### **Women's Health**

Northeast Community Health Centre

(780) 472-5050

14007 - 50 Street

Edmonton, AB T5A 5E4

Referrals from community agency, health professional, or self-referrals may be accepted.

Fees: No

Women's Health provides prenatal and gynecological services and when necessary, refer women to other health care providers. Women's Health also provides prenatal support and education, breast feeding support, and home visits when needed. Doctors and nurses specializing in women's health are available.

Services are limited to those who are vulnerable: e.g., women who live in poverty, single parent families, women with high-risk lifestyles, teen women, aboriginal peoples, and newcomers to Canada who have cultural and linguistic barriers. Special consideration may be given to those outside the Northeast living in unique circumstances - youth emergency shelter, incarcerated women, residential addictions treatments programs and those living in shelters or transitional housing.

### **Community Perinatal Program**

Community Health Services

Capital Health

Woodcroft Public Health Centre

13221 - 115 Avenue

Edmonton, AB T5M 4B7

Phone: (780) 413-7658

Eastwood Public Health Centre

7919 - 118 Avenue

Edmonton, AB T5B 0R5

Phone: (780) 413-5644

# Capital Health Region

The Community Perinatal Program (CPP) is a multidisciplinary program that provides maternity care to women who do not, or do not regularly, access prenatal health services due to challenges of poverty, isolation, language and cultural barriers, or complex life issues. In addition to providing maternity care, the community health nurses and family physicians on the team ensure the women are connected to resources that may help improve their pregnancy and parenting outcomes: housing, food, substance abuse counselling, dental care, home visitation, etc.

Multidisciplinary clinics are held Tuesday - Thursday at Eastwood Public Health Centre, and Tuesday and Wednesday at Woodcroft. The program RN is available Monday – Friday.

## **Prenatal Nutrition and Support Programs**

These programs are targeted to at risk women during their pregnancy and following the birth of their baby. Women in the programs have risks to a healthy pregnancy such as teen pregnancy, low income, poor nutrition, smoking, substance use, violence in their relationships, language and cultural barriers, and lack of social support. Programs provide prenatal health information, food supplements (eg., milk coupons and prenatal vitamins), support, and connection to health and community services.

Three programs are available in the Capital Region. The programs are offered through a partnership of community agencies and Public Health Centres. Funding is provided by the Public Health Agency of Canada through the Canada Prenatal Nutrition Program (CPNP).

- Health for Two – Edmonton, St. Albert, Strathcona County, Leduc, and Leduc County, including Beaumont, New Sarepta, Thorsby and Warburg. Health for Two is available at all Public Health Centres and over 35 community agency partners.

To access Health for Two, call the coordinator for the appropriate area:

|   |          |
|---|----------|
| Central Edmonton                                | 914-4778 |
| West Edmonton                                   | 718-0250 |
| North Edmonton/St. Albert                       | 910-5270 |
| South Edmonton, Strathcona County, Leduc County | 466-7581 |

- Women, Infants, and Nutrition (WIN) – Stony Plain, Spruce Grove, Devon, Evansberg  
Call 987-8228
- Healthy Families Prenatal – Sturgeon County, including Bon Accord, Redwater, Gibbons, Morinville, Lancaster Park and Namao  
Call 307-2444

# Capital Health Region

## **Healthy Beginnings Antenatal Program**

Community Health Services

Capital Health

Phone: 413-7974

The Healthy Beginnings Antenatal Program provides in-home maternal and fetal assessment, teaching and supportive care to women with selected complications of pregnancy, including preterm labour, gestational hypertension, multiple gestation, SPROM, and essential hypertension to enable them to remain at home during a high-risk pregnancy. Women with other complications including oligohydramnios, fetal arrhythmias, aortic stenosis, cholestasis, gastroschisis, or family circumstances that create a risk for mother or baby may be accepted on the program if they can be safely monitored at home.

The Antenatal Program works in partnership with the Family Centre to provide in-home support for women who are on bed rest and do not have a support network to allow them to comply with their activity restriction.

## **Postpartum**

### **Healthy Beginnings Postpartum Program**

Community Health Services

Capital Health

Provides home nursing services including: health assessment, counseling, education, and support to all families up to the first two months after birth and hospital discharge. The referring hospital faxes the PNOB to the Healthy Beginnings Program, then a community health nurse initiates contact at home for all new families. Self-referrals accepted (i.e. new to CH region). No documents required for self-referrals. The Healthy Beginnings Hotline (780) 413-7990 is available for families experiencing problems and a nurse can be paged if necessary.

The Dragon Rise Healthy Beginnings Postpartum Program, a program for multicultural moms within NE(Northeast), WC(Woodcroft), CD (Castledowns), NC(North Central) and EW(Eastwood) areas is also offered through this service.

For more information, call the nearest public health centre.

Beaumont Public Health Centre

4918 - 50 Avenue

Beaumont, AB

T4X 1J9

Phone: (780) 929-4822

Bonnie Doon Public Health Centre

8314 - 88 Avenue

Edmonton, AB

T6C 1L1

Phone: (780) 413-5670

# Capital Health Region

Castle Downs Health Centre  
214 - 10807 Castledowns Road  
Edmonton, AB  
T5X 3N7  
Phone: (780) 413-5787

Eastwood Public Health Centre  
7919 118 Avenue  
Edmonton, AB  
T5B 0R5  
Phone: (780) 413-5645

Leduc Public Health Centre  
4219 50 Street  
Leduc, AB  
T9E 8C9  
Phone: (780) 980-4644

Mill Woods Public Health Centre  
7525 38 Avenue  
Edmonton, AB  
T6K 3X9  
Phone: (780) 413-5685

North Central Public Health Centre  
25 Capital Centre Mall  
9228 144 Avenue  
Edmonton, AB  
T5E 6A9  
Phone: (780) 413-5600

Northeast Community Health Centre  
14007 50 Street  
Edmonton, AB  
T5A 5E4  
Phone: (780) 472-5020

Strathcona County Health Centre  
2 Brower Drive  
Sherwood Park, AB  
T8H 1V4  
Phone: (780) 467-5571

St. Albert Public Health Centre  
23 Sir Winston Churchill Avenue  
St. Albert, AB  
T8N 2S7  
Phone: (780) 459-6671

Thorsby Public Health Centre  
4825 Hankin Street  
Thorsby, AB  
T0C 2P0  
Phone: (780) 789-4800

West Jasper Place Public Health Centre  
9720 182 Street  
Edmonton, AB  
T5T 3T9  
Phone: (780) 413-5700

Woodcroft Public Health Centre  
13221 115 Avenue  
Edmonton, AB  
T5M 4B7  
Phone: (780) 413-5720

Twin Brooks Public Health Centre  
201 - 1110 113 Street  
Edmonton, AB  
T6J 7J4  
Phone: (780) 413-5630

# Capital Health Region

Devon Health Unit  
Suite C - 101 Erie Street S.  
Devon, AB  
T9G 1A6  
Phone: (780) 987-8224

Evansburg and District Health Centre  
5225 50 Street  
Evansburg, AB  
T0E 0T0  
Phone: (780) 727-2288

Fort Saskatchewan Health Unit  
#121 10420 98 Ave  
Fort Saskatchewan, AB  
T8L 2N6  
Phone: (780) 998-3366

Morinville Health Services  
10008 107 Street  
Morinville, AB

T8R 1L3  
Phone: (780) 939-3388

Redwater Health Care Centre  
4812 58 Street  
Redwater, AB  
T0A 2W0  
Phone: (780) 942-3801

WestView Health Centre  
4405 South Park Drive  
Stony Plain, AB  
T7Z 2M7  
Phone: (780) 968-3600

Gibbons Health Unit  
5018 48 Street  
Gibbons, AB  
T0A 1N0  
Phone: (780) 923-3700

## **Breastfeeding**

### **Prenatal Breastfeeding Classes**

Community Health Services  
Capital Health

Facilitated by Community Health Nurses who have expertise in breastfeeding, these classes offer breastfeeding support and information to expectant mothers and fathers. The classes focus on practical tips, information and support with the goal of a positive breastfeeding experience for mothers, babies and families. It is recommended that the class be taken in the 3rd trimester but you can take the class earlier in your pregnancy. Partners are encouraged to attend.

# Capital Health Region

Call the Registration Line at 780-413-7980 to book into the class.

Fees: No

Individual Support

CHA Lactation Consultants (contact local Public Health Centres,)

## **Breastfeeding Clinic**

### **Grey Nuns Community Hospital**

(780) 735-7346

1100 - Youville Drive

Edmonton, AB T6L 5X8

BY REFERRAL ONLY from Physicians or Community Health Services Nurses.

Provides breastfeeding support for women experiencing major problems with establishing or maintaining lactation

## **Breastfeeding Clinic**

### **Royal Alexandra Hospital**

Phone: (780) 735-4626

2nd Floor Children's Centre

10240 - Kingsway Avenue

Edmonton, AB T5H 3V9

This clinic provides information, support and problem solving for breastfeeding mothers, who are experiencing difficulties with breastfeeding. This clinic will not provide on-going pediatric or maternal care. Examples of appropriate referrals would be:

- 1) Faulty latch on
- 2) Premature infants with ongoing breastfeeding difficulties
- 3) Induced lactation for adoptive mothers
- 4) Re-lactation
- 5) Slow Weight Gain
- 6) Drugs in breast milk
- 7) Prenatal breastfeeding assessment
- 8) Returning to work

# Capital Health Region

## Medical Follow-up

An initial treatment plan will be faxed to the referring physician and a summary will be dictated at the completion of the involvement of the Breastfeeding Clinic.

Referral Needed: Yes. This clinic requires a physician referral.

## **Edmonton Breastfeeding Clinic**

### **Misericordia Community Hospital**

Phone: (780) 735-2577

16940 - 87 Avenue

Edmonton, AB T5R 4H5

This clinic provides assessment, education and support to assist families to meet their breastfeeding goals.

Referral Needed: Yes

Note: Letter or telephone call.

Fees: No

## **Prenatal Program Sturgeon Hospital**

Phone: (780) 418-8296

201 - Boudreau Road

St. Albert, AB T8N 6C4

Prenatal Program provides prenatal classes, (full series and one-day “crash” course). Also provide breastfeeding classes and monthly prenatal hospital tours.

## La Leche League Canada

Edmonton 478-0507

Braemar School (teens only) 468-3000

Provides information through monthly meetings and telephone support to mothers who wish to breastfeed. A 24 hour message line gives the name of the contact person for further referrals.

## **Services for Aboriginal Families**

### **Bent Arrow Traditional Healing Society**

Phone: (780) 481-3451

Fax: (780) 481-3509

# Capital Health Region

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Provides services targeting Aboriginal children, youth and their families. All programs have been designed specifically for the target group and are based on the teaching and traditions of Aboriginal people which include Status, Non status, Metis, Inuit and anyone of Aboriginal ancestry. A Youth Advisory Council provides feedback to the staff and Society about the important issues facing youth in today's society.

Programs include:

- Community Parents
- Residential program for pregnant youth
- Family outreach
- Health for Two
- Home Visitation (Healthy Families Program)
- Aboriginal Parent Link Centre

## **Ben Calf Robe Society**

Phone: (780) 477-6648

Fax: (780) 479-6199

Provides aboriginal families with holistic education, supportive social services, and programs of cultural relevance. Programs include:

- Health for Two
- Head Start
- Home Visitation

## **First Nations and Inuit Health Services, Health Canada**

Phone: (780) 495-7303

## **Indian & Northern Affairs**

Phone: (780) 495-2773

## **Native Counselling Services**

9636 102A Ave

Edmonton AB

Phone: (780) 423-2141

Provides a legal clinic, dispute resolution, cultural awareness workshops, parenting help, addictions, counselling, community outreach to families, and a Restorative Justice Program.

# Capital Health Region

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## **Bereavement**

### **Compassionate Friends**

Phone: (780) 451-5381

A support group for parents grieving the death of a child at any age from any cause. Provides information, maintains a library, and offers social events.

### **HEARTS**

Phone: (780) 464-3217

A baby loss support program for anyone who has been touched by the loss of a baby during pregnancy or shortly after birth.

### **Parent Care**

Phone: (780) 988-3747

Parents coping with neonatal loss.

Meeting times 1930 – 2130, third Thursday of the month

8770-165 St, Northeast corner of Misericordia Hospital grounds

### **Angel Whispers**

Phone: (780) 449-1732

A resource for parents who have lost a baby shortly after birth or during pregnancy

## **Counselling**

|                                     |                |
|-------------------------------------|----------------|
| Alberta Mental Health Intake        | (780) 427-4444 |
| The Family Centre                   | (780) 423-2831 |
| City of Edmonton Community Services | (780) 496-9999 |
| Catholic Social Services            | (780) 432-1137 |
| Native Counselling                  | (780) 423-2141 |
| Northeast Community Health Centre   | (780) 472-5020 |

# Capital Health Region

|   |                           |
|---|---------------------------|
| Support Network - free walk - in counselling                  | (780) 482-0198            |
| YWCA  | (780) 423-9922 (ext. 234) |
| St. Albert Community Services                                 | (780) 459-1512            |
| Family and Community Services Counseling Program (Strathcona) | (780) 464-4044            |
| Kids Help Phone   | 1-800-668-6868 (national) |
| Youth Emergency Shelter                                       | (780) 468-7070 (Edmonton) |

## Substance Abuse

**Drug Information for Health Care Professionals** 1-800-332-1082

### McDougall House

Phone: (780) 426-1409

11070 108 Street

Edmonton, AB T5H 3A9

Handicap Accessible

Provides a 14 bed residence for women over 18 yrs who are in recovery from addictions. Residents are encouraged to stay three months to work on their recovery; services for residents include workshops, individual and group counseling, goal-setting sessions, daily meditation, daily physical exercise, and experiential learning environment.

### AADAC Enhanced Services for Women

Phone: (780) 415-0786 or (780) 415-0776

Offers personalized assessment and counseling on an outreach basis in Edmonton; helps pregnant women access AADAC's network of services, and facilitates connections to other community resources to enhance support during and after treatment; provides information, consultations and referrals to community professionals to better meet the needs of women with substance use concerns.

## FASD (Fetal Alcohol Spectrum Disorder)

### Assessment

Neurodevelopmental Assessment Clinic

Primary Care Division, Capital Health

# Capital Health Region

Provides in-depth medical assessments of children with developmental, learning or behavioural difficulties. Information sessions and group sessions for the child and parent/guardian help in learning about the difficulties and how to approach them.

Liaison with teachers, doctors, speech therapists and social workers support the family and child.

Referral Needed: Yes. School assessment, family physician assessment and past history required.

Eligibility: Ages: 0 to 17

Fees: No

Glenrose Rehabilitation Hospital

12030 – 111 Avenue

Edmonton AB T5G 0B7

Phone: (780) 735-7999 Ext 2328

Referral Needed: Yes

Fees: No

The Glenrose Fetal Alcohol Spectrum Disorder (FASD) Clinical Services provides multidisciplinary assessment and diagnosis for children and families affected by prenatal exposure to alcohol. The team links with community partners who provide intervention and support services. The team also serves as a resource to the community and families regarding FASD. In addition, the Service provides training for other professionals in the assessment and diagnosis of FASD, utilizing a multidisciplinary team approach. Note: Client must present with a history of confirmed maternal alcohol usage in that pregnancy; must be 12 months to 15 years 11 months of age; query of FASD; diagnostic question regarding behaviour development, learning or adaptive function; caregiver must attend with the child.

Coaching Families Program

Catholic Social Services

Phone: (780) 477-1999

Supports families with children under the age of 18 who have been prenatally exposed to alcohol. Helps caregivers to access services, helps develop appropriate strategies to support children with FASD, provide links to educational, diagnostic, counseling, parenting supports, and other community services.

**First Steps Program**

Catholic Social Services

Phone: (780) 477-1999

Support for women who have used drugs or alcohol during pregnancy and are at risk of giving birth to a child with Fetal Alcohol Spectrum Disorder. Aim is to reduce future births of children with FASD, to ensure children are in safe/stable environments, and to support parents to build and maintain healthy independent families.

# Capital Health Region

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## Open Arms

Bosco Homes

Phone: (780) 440-0708, Ext 232

Support for women with FASD who are parenting. Assessment, culturally appropriate support, links to appropriate services, to increase parenting and life skills, increase shelter stability, food security, personal safety and wellness, and involve children in developmentally appropriate programming.

## Step By Step

Catholic Social Services

Phone: (780) 477-1999 ext 100

Fax: (780) 477-2499

Referrals: Community, health and social services, self-referral

Fees: No

Addresses needs and issues facing women who have been diagnosed with FASD and who are actively parenting children (with or without FASD). Provides support to build mothers' capacity to parent, through help to identify personal goals, learn basic life skills, address housing and safety issues, access health care services, access and integrate parenting information, connect with community supports, and connect and explore employment and educational options.

## Wasah'gam (Full Circle) Consulting Corp.

#210, 15132 Stony Plain Road

Edmonton, AB T5P 3Y3

Phone: (780) 424-4839

Offers Family Circles program that is based on traditional teachings to Aboriginal families affected by FASD. Includes teaching circles, traditional teaching, individual and family counseling, advocacy, and cultural and spiritual activities. Access to a multidisciplinary team.

## Well Community Well Families

Bissell Center

10527-96 Street

Edmonton, AB T5H 2H6

Phone: (780) 423-2285

Fax: (780) 429-7908

# Capital Health Region

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Aim is to enhance community capacity to prevent Fetal Alcohol Spectrum Disorder, and to support the well-being of individuals and families affected by FASD.

Services:

- **Parent Child Advocates:** Provide one-to-one, long-term support to pregnant and/or parenting women and their families, who have struggled with the use of alcohol or other substances.
- **Community Adult Advocates:** Provides one to one, long-term support to adults who are affected by FASD.
- **FASD Community Workers:** Build community capacity through education (professional development/in-service, school presentations, training), community awareness, social/professional networking, and linking individuals/families to FASD resources.

## **Family Violence**

**211 Edmonton** (or The Support Network at (780) 482-4636)

Information and referral to community, health, social and government programs; free and confidential, 24 hours a day, 7 days a week.

### **Kids Kottage (24 hr. crisis nursery)**

10107 134 Ave Edmonton

Phone: (780) 448-1752

Provides a crisis nursery that promotes the health and well-being of children and their families, prevents child abuse and neglect and supports families in crisis. Also provides a 24 hour crisis line that parents may access for help and support when distress or crisis threatens the safety and well-being of their children. Services include a respite program for caregivers of children with FASD.

### **LURANA Shelter**

Phone: (780) 424-5875

Provides temporary shelter for women with or without children who are victims of domestic violence. Services include education information and referrals.

# Capital Health Region

## **WIN House**

Phone: (780) 479-0058

## **Women's Emergency Accommodation Centre (W.E.A.C.)**

Phone: (780) 423-5302

## **Youth Emergency Shelter**

Phone: (780) 468-7070

## **Family Violence Prevention FCSS: (Leduc)**

Phone: (780) 980-7155

## **SAIF (Stop Abuse in Families) – St Albert**

Phone: (780) 460-2195

## **Strathcona Shelter Society- A Safe Place**

Phone: (780) 464-7233

## **Food**

**211 Edmonton** (or The Support Network at (780) 482-4636)

Information and referral to community, health, social and government programs; free and confidential, 24 hours a day, 7 days a week.

## **Edmonton Food Bank**

Phone: (780) 425-4190

## **Leduc Food Bank**

Phone: (780) 986-5333

## **Strathcona Food Bank**

Phone: (780) 449-6413

## **St. Albert Food Bank**

Phone: (780) 459-0599

## **St. Francis Church**

Phone: (780) 475-3624

## **Salvation Army Family Services (relief food)**

Phone: (780) 424-9222

## **Edmonton Collective Kitchens**

Phone (780) 413-5130

Brings adults together to learn to make nutritious meals within a budget. Together participants plan a menu for five days, shop for the ingredients, and prepare meals to take home.

## **Edmonton WECAN Food Co-op**

Phone: (780) 413-4525

## **St. Albert Community Kitchens**

Phone: (780) 459-6671

## **Sherwood Park Collective Kitchens**

Phone: (780) 464-4044

# Capital Health Region

## Housing

|   |                |
|---|----------------|
| <b>211 Edmonton</b> (or The Support Network at<br>Information and referral to community, health, social and government programs; free and confidential, 24 hours<br>a day 7days a week. | (780) 482-4636 |
| Boyle Street Community Services   | (780) 424-4106 |
| Capital Housing Authority   | (780) 420-6161 |
| City of Edmonton Non-profit Housing Corporation   | (780) 496-5529 |
| Edmonton Landlord and Tenant Advisory Board   | (780) 495-5959 |
| St. Albert Co-op Housing Information/ Rental Accommodation  | (780) 459-6666 |
| Brittany Lane Housing Co-op   | (780) 467-1379 |
| Davidson Creek Housing Co-op  | (780) 464-1013 |

## Postpartum Depression

### Managing Motherhood

Millwoods Family Resource Centre  
Millbourne Community Site  
3756 78 Street  
Edmonton, AB

Call Mill Woods Public Health Centre for referral information at (780) 413-5685

Provides an 8-week Postpartum depression (PPD) information and support group for women and their families. Participants share experiences, learn coping skills, and understand the effects of PPD. Child care provided for children over 13 months of age. Babies welcome in the parent group. Snack provided.

### Westview Public Health (Stony Plain)

Phone: (780) 968-3700

### Parent's Place Postpartum Support Group

Phone: (780) 459-7377

## Multicultural Resources

**211 Edmonton** (or The Support Network at (780) 482-4636)

Information and referral to community, health, social and government programs; free and confidential, 24 hours a day 7days a week.

# Capital Health Region

## **Catholic Social Services**

Phone: (780) 432-1137

Fax: (780) 439-3154

Provides settlement, educational language assessment, employment, and outreach services to immigrants and refugees. Offers Family Intervention Program, in-home treatment and family support with an aboriginal focus.

## **Central Interpreter Service (CIS)**

Phone: (780) 448-2627

Fax: 426-4918

Provides language interpretation and translation in over 60 languages and dialects.

Services:

- In-person interpretation
- Telephone interpretation
- Translation

## **Changing Together – A Centre for Immigrant Women**

Phone : (780) 421-0175

Fax: (780) 426-2225

3rd Floor, 10010 105 Street

Edmonton, AB T5J 1C4

Provides settlement services, workshops, employment mentoring program, help with income tax forms; offers citizenship classes, English as a Second Language (ESL). Offers Family Violence Prevention Program; Seniors Support Program; pre-employment life skills program.

## **Mennonite Centre for Newcomers**

Phone: (780) 424-7709

Fax: (780) 424-7736

Assists immigrants and refugees to integrate successfully, allowing them to participate in the community through ESL, employment, counselling, advocacy and community services. Provides an Early Intervention Program to refugee children to help them adjust to Canadian life.

## **Multicultural Health Brokers**

Phone: (780) 423-1973

Fax: (780) 428-2748

Multicultural Health Brokers (MCHB) provide social, emotional and informational support to immigrant and cultural minority families. Their mandate is to support immigrant and refugee individuals and families in attaining optimum health through relevant health education, community development and advocacy support.

# Capital Health Region

They provide:

- Linguistic and cultural interpretation
- Prenatal education
- Parenting classes
- Hospital tours
- Post-natal support
- Support groups
- Translation of health education materials

## **Dragon Rise**

Community Health Services

Capital Health

Woodcroft Public Health Centre

13221 - 115 Avenue

Edmonton, AB T5M 4B7

Phone: (780) 413-5720

The Dragon Rise team delivers health services to Chinese and Vietnamese families in North East Edmonton including Healthy Beginning Postpartum services and Child Health clinics. Team also facilitates prenatal classes and parenting groups in both Chinese and Vietnamese.

For Healthy Beginning Postpartum program, the families need to live in one of the five health centre areas including: Castledowns, Eastwood, North Central, North East Edmonton, and Woodcroft.

## **Millwoods Welcome Centre for Immigrants**

Phone: (780) 462-6924

335 Tower II Millbourne Market

7609 38 Avenue

Edmonton, AB

T6K 3L6

Provides settlement and employment services to immigrants; programs include citizenship classes, computer classes, employment readiness, employment services, educational counseling, and homework club for youth. MWCI is a partnership of Indo Canadian Women's Association, Edmonton Mennonite Centre for Newcomers, and Catholic Social Services.



# Aspen Regional Health



# Aspen Regional Health

## Prenatal Classes

Information related to pregnancy, childbirth, after birth care and parenting is available at Community Health Services offices. One-on-one consultation may be arranged upon request.

Group prenatal classes for expectant parents are offered at a Community Health Services office near you.

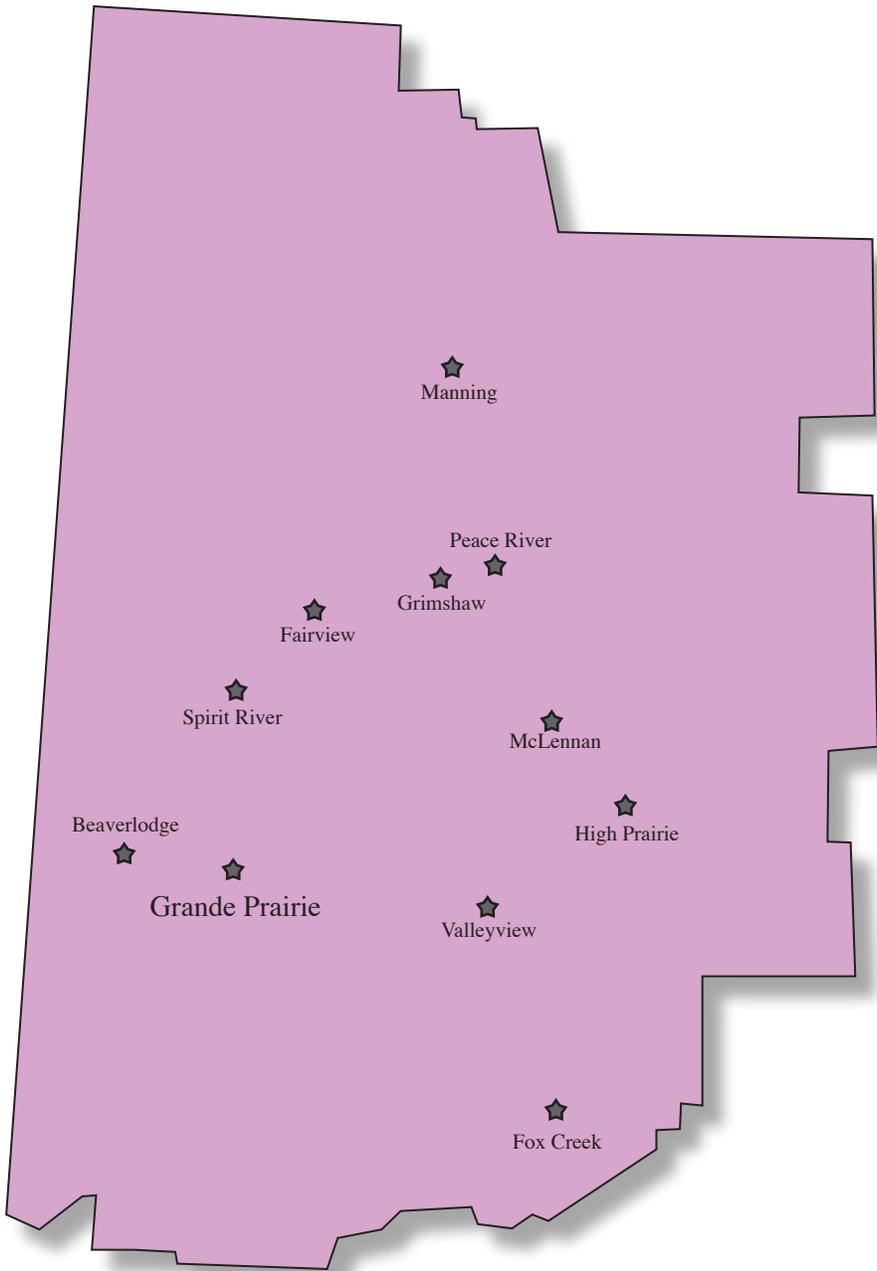
**Prenatal Classes:** Series of six (6) evening classes, which allow for interaction with others in your community who are expecting a baby. Prenatal classes provide tools to use during your labour and delivery. Fee \$60 per couple.

**Weekend Prenatal Classes:** Compressed group prenatal classes are offered as need is identified. Fee \$40.00 per couple.

Expectant families can register for any of our classes at a Community Health Services office near you.

|                   |                |
|-------------------|----------------|
| Athabasca         | (780) 675-2231 |
| Barrhead          | (780) 674-3408 |
| Bonnyville        | (780) 826-3381 |
| Boyle             | (780) 689-2677 |
| Calling Lake      | (780) 331-3760 |
| Cold Lake         | (780) 594-4404 |
| Edson             | (780) 723-4421 |
| Elk Point         | (780) 724-3532 |
| Glendon           | (780) 635-3861 |
| Hinton            | (780) 865-2277 |
| Jasper            | (780) 852-4759 |
| Lac Le Biche      | (780) 623-4471 |
| Mayerthorpe       | (780) 786-4198 |
| Onoway            | (780) 967-4440 |
| Peerless Lake     | (780) 869-3930 |
| Red Earth Creek   | (780) 649-2242 |
| Slave Lake        | (780) 849-3947 |
| Smoky Lake        | (780) 656-3595 |
| St. Paul          | (780) 645-3396 |
| Swan Hills        | (780) 333-7077 |
| Trout Lake        | (780) 869-3922 |
| Wabasca/Desmarais | (780) 891-3931 |
| Westlock          | (780) 349-3316 |
| Whitecourt        | (780) 778-5555 |

# Peace Country Health Region



# Peace Country Health Region

## **Baby Care and Feeding**

Peace Country Health – Community Health Services (see Public Health Centres)

## **Childbirth Education**

Peace County Health Prenatal Services (see Public Health Centres)

## **Counseling and Guidance**

(AADAC Help Line) 1-866-33AADAC  
1-866-332-2322

### **AADAC**

|              |                |
|--------------|----------------|
| High Prairie | (780) 523-664  |
| Peace River  | (780) 624-6193 |
| Valleyview   | (780) 524-2882 |
| or           | (780) 524-3788 |

## **Aboriginal Resource Centre**

|         |                |
|---------|----------------|
| Manning | (780) 836-2758 |
|---------|----------------|

|                              |                |
|------------------------------|----------------|
| <b>Alcoholic's Anonymous</b> | (780) 532-1772 |
|------------------------------|----------------|

## **Family Planning: Sexual Health Education**

|                |                |
|----------------|----------------|
| Fairview       | (780) 835-4951 |
| Grande Prairie | (780) 513-7500 |
| High Prairie   | (780) 523-6469 |
| Peace River    | (780) 618-3437 |
| Valleyview     | (780) 524-3338 |

## **Nutrition and Diet Counselling**

Canadian Diabetic Association  
1-800-563-0032  
Fairview Community Dietician  
(780) 835-4951

## **Parenting Courses/Information**

### **Brighter Futures**

|              |                |
|--------------|----------------|
| High Prairie | (780) 523-2715 |
|--------------|----------------|

### **Community Genetics**

|                |                |
|----------------|----------------|
| Grande Prairie | (780) 513-7536 |
| Peace River    | (780) 618-3437 |

### **Early Intervention Program**

|                |                |
|----------------|----------------|
| Fairview       | (780) 835-6162 |
| Grande Prairie | (780) 538-7662 |
| High Prairie   | (780) 523-6450 |
| Peace River    | (780) 624-7500 |

### **Families First**

|                    |                |
|--------------------|----------------|
| Grimshaw           | (780) 332-7690 |
| Manning/Disonville | (780) 836-0060 |
| Peace River        | (780) 624-2451 |
| Smoky River        | (780) 324-3278 |

### **Family Support Workers**

|                |                |
|----------------|----------------|
| Grande Prairie | (780) 538-7299 |
| Valley View    | (780) 524-3338 |

### **Health Families**

|                |                |
|----------------|----------------|
| Beaverlodge    | (780) 354-2136 |
| Fairview       | (780) 835-6162 |
| Grande Cache   | (780) 827-3504 |
| Grande Prairie | (780) 538-7399 |
| High Prairie   | (780) 623-6450 |
| Spirit River   | (780) 864-3063 |
| Valleyview     | (780) 524-3338 |

# Peace Country Health Region

## **Prairie River Community Education Council**

High Prairie (780) 523-6690 ext 6610

## **Peace Country Health Show Me Program**

High Prairie (780) 523-4934

Peace Country Health (780) 513-7500

## **Adult Learning and Literacy**

Smoky River (780) 837-3013

## **Parent Support**

Humana Care (780) 538-4070

Manning Mini Gym (780) 836-3532

## **Peace Country Health Region Hospitals**

Beaverlodge (780) 354-2136

Fairview (780) 835-6100

Fox Creek (780) 622-3545

Grande Cache (780) 827-3701

Grimshaw/Berwyn (780) 332-6500

High Prairie (780) 523-3341

Manning (780) 836-3391

McLennan (780) 324-3730

Peace River (780) 624-7500

QE II - Grande Prairie (780) 538-7100

Spirit River (780) 864-3993

Valleyview (780) 524-3356

## **Postpartum Support: LaLeche League Canada**

Grande Prairie (780) 532-2764

Peace River (780) 624-1656

## **Pegnancy Support: Babies Best Start**

Grande Prairie (780) 513-2008

Valleyview (780) 524-3338

## **Pregnancy Support: Building Better Babies**

Grimshaw (780) 332-6505

Manning (780) 836-3391

McLennan (780) 832-3750

Peace River (780) 624-7260

## **Canada Prenatal Nutrition Program**

High Prairie (780) 523-6459

## **Voice for Life Association**

Grande Prairie (780) 538-3344

## **Pregnant Teen Program**

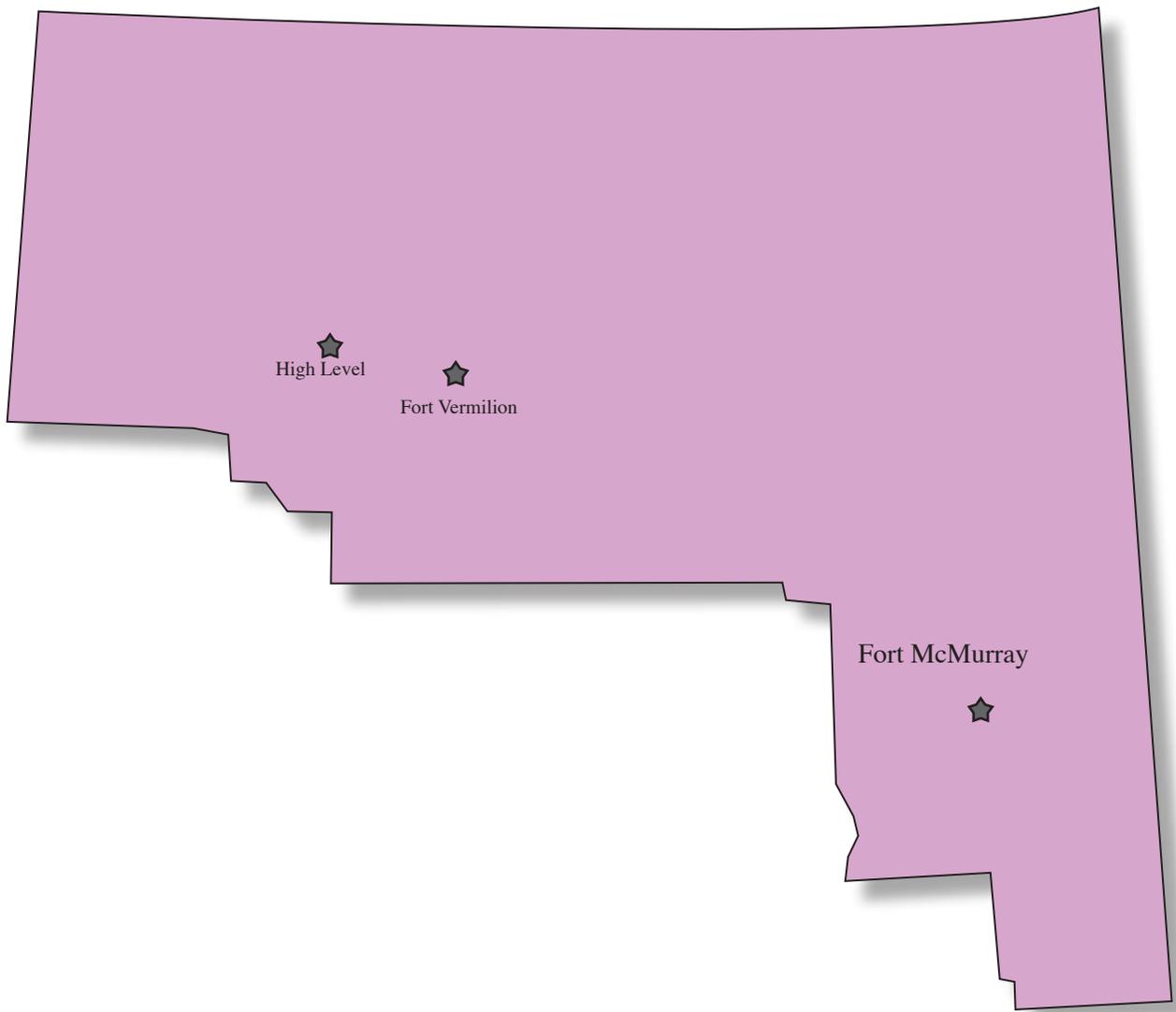
Grande Praire (780) 538-3854

## **Quit Smoking Resources**

AADAC 1-866-332-2322



# Northern Lights Region



# Northern Lights Region

## **Conklin**

Magaret A. Quintel Health Centre (780) 559-2011

## **Janvier**

Janvier Health Centre: (780) 559-2375

## **Gregoire Lake**

Health Centre (780) 334-2443

## **Anzac**

Anzac Clinic (780) 334-2023

Family Health at NLRHS (780) 791-6247

## **Fort McMurray**

Maternal Child Health: Offers comprehensive support for early maternal discharge, including breast feeding support. Services include well baby clinics, immunizations (all ages and overseas included), car seat safety school health programs, and community genetics. There is a nurse on call to respond to information requests

Community Health Services (780) 791-6247

## **Paddle Prairie**

Baby Counts Program (780) 981-2188

Maternal Child Nutrition Program: Nutritional consultation services are available for pregnant women and parents of children aged 0 - 6 years. Information and instruction is given on the following topics: nutrition throughout pregnancy; gestational diabetes; hypertension in pregnancy; food allergies; nutrient deficiencies i.e. iron; failure to thrive; child obesity; breastfeeding; introduction of solids; nutritional concerns; formula feeding; supplements; feeding problems; and many more! Regular clinics are held in High Level, Fort Vermilion and La Crete. Services are provided upon request to Rainbow Lake, Paddle Prairie, and Zama City.

\*\*Will accept physician, health professional and self referrals\*\*

For more information or to make a referral please contact:

Leigh Finney (780) 841-3236

## **La Crete**

Health Centre (780) 928-2410

## **Fort Vermilion**

Health Centre (780) 927-3391

# Northern Lights Region

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## **High Level**

Northwest Health Centre (780) 841-3200

## **Rainbow Lake**

Health Centre (780) 956 3646

## **Zama City**

Staff from High Level visit Zama City to offer health services.

Please call Lauren White at (780) 841-3259

## **Provincial Toll-Free Help Lines**

### **The Smokers' Help Line**

Phone 1-866-33AADAC

1-866-332-2322

Web: [www.tobacco.aadac.com/smokers\\_help\\_line](http://www.tobacco.aadac.com/smokers_help_line)

AADAC's Smokers' Help Line is a free, confidential telephone service for smokers. Calls are answered by a trained counsellor who can help develop an individual quit plan, offer information, or refer to services available in the local community. The Smokers' Help Line operates from 8 am to 8 pm. Outside of these hours, general support is provided or arrange to have a tobacco counselor call.

# Provincial Programs

## Provincial Programs

### General Information

#### Nutrition

Alberta Outdoorsman lists recent fish advisories: <http://www.albertaoutdoorsmen.ca/fishingregs/index.html>

#### Physical Activity

Alberta Human Resources and Employment (October 1994). Workplace Health and Safety: medical Guideline. Alberta Government: <http://www3.gov.ab.ca>

#### Substance Abuse

AADAC Services for women (780) 427-7319 [www.aadac.com](http://www.aadac.com)

Alberta Tobacco Reduction Strategy. Includes information on the government of Alberta tobacco reduction strategy, tips on quitting smoking, general tobacco facts and Alberta specific information. [www.tobacco.aadac.com](http://www.tobacco.aadac.com)

Campaign for a Smoke-free Alberta. Provides information used to pass effective tobacco control legislation in Alberta. [www.smokefreealberta.com](http://www.smokefreealberta.com).

#### Canadian Cancer Society - AB/NWT Division

Smoking cessation guide that may assist patient smoking cessation efforts during pregnancy. Four stages of smoking cessation information is provided. <http://www.cancer.ca>

#### Health Link Alberta

Health Link Alberta is a 24 hour a day, 7 day a week nurse telephone advice and health information service. Highly trained registered nurses will provide you with advice and information about health symptoms and concerns that you or a member of your family may be experiencing. Health Link can also help you find appropriate services and health information.

You can call us from anywhere in the province by dialing:

Calgary Health Region (403) 943-5465, Capital Health Region (780) 408-5465, or Toll-Free 1-866-408-5465

Alberta Government resources and services - <http://www.servicealberta.gov.ab.ca>

# National Programs

## National Organizations

### Nutrition

Nutrition for a healthy pregnancy - national guidelines for the childbearing years: <http://www.hc-sc.gc.ca/>

Healthy pregnancy website (public health agency of Canada). This website offers reliable and accurate information on healthy pregnancy issues. Health professionals can access educational material for their patients on this website that includes fact sheets and frequently asked questions. [http://www.phac-aspc.gc.ca/hp-gs/prof\\_e.html](http://www.phac-aspc.gc.ca/hp-gs/prof_e.html)

Canadian Food Inspection Agency 1-800-442-2342

Fact sheet for listeria: <http://www.inspection.gc.ca/>

Fact sheet for toxoplasma gondi: <http://www.inspection.gc.ca>

Health Canada- recent fish advisories: <http://www.hc-sc.gc.ca>

### Substance Abuse

Directory of FAS/FAE Information and Support Services in Canada (2003). This directory is a listing of organizations and individuals that provide an FAS-related service or initiative in Canada: <http://www.ccsa.ca>

Physicians for a Smoke-free Canada.

A national health organization whose members are Canadian physicians who aspire to decrease tobacco-caused illness through reduced smoking and exposure to second hand smoke: <http://www.smoke-free.ca/>

National Clearinghouse on Tobacco Control (NCTH)

The NCTH website offers unique content; references to and summaries of tobacco control relevant scientific literature; web and multimedia resources; programs and organizations; and experts in various fields: <http://www.ncth.ca>

Motherisk

A source of evidence-based information about the safety or risks of drugs, chemicals and disease during pregnancy and lactation. <http://www.motherisk.org/>

# International Organizations

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## Natural Medicine Comprehensive Database

This database was designed for both consumers and health professionals to obtain reliable information on the safety of herbal remedies, dietary supplements, vitamins, minerals, and other natural products found in the marketplace. <http://www.naturaldatabase.com>

[www.healthypregnancy.gc.ca](http://www.healthypregnancy.gc.ca)

## **International Organizations**

### **Substance Abuse**

#### March of Dimes

A source of research and education materials on premature birth, birth defects, and low birth weight. <http://www.marchofdimes.com>

#### National Centre for Complementary and Alternative Medicine (NCCAM)

The NCCAM is dedicated to exploring complementary and alternative healing practices in the context of rigorous science; disseminating authoritative information to the public and professionals. <http://nccam.nih.gov>

#### International Labour Organization

Healthy Beginnings : Guidance on safe maternity at work.

# Resources/Tools

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## **Resources/Tools**

### **Physical Activity**

PARmed-X for pregnancy. Physical activity readiness medical examination for pregnancy. Ottawa: Canadian Society for Exercise Physiology; 2002: <http://www.csep.ca>

Exercise in pregnancy and the postpartum period. Joint SOGC/CSEP Practice Guidelines. Practice Guidelines. Davies G, Wolfe L, Mottola M, MacKinnon C. Journal of Obstetrics and Gynaecology Canada, 25, 516-522.: <http://sogc.medical.org>

### **Nutrition**

Nutrition for a healthy pregnancy

National guidelines for the childbearing years. <http://www.hc-sc.gc.ca>

Mercury and Fish Consumption

Fact Sheet. <http://www.inspection.gc.ca>

Mercury in the Environment

A Primer. <http://www.pollutionprobe.org>

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# Notes



