

COMMUNITY RESOURCE LIST

The following is a list of resources, services and outlets for support available in the Calgary community.

1. BREASTFEEDING SUPPORT

The Alex Breastfeeding Clinic:

<http://www.thealex.ca/programs-services/health/breastfeeding-clinic/>
403-266-2622

Breastfeeding Clinic: South Calgary Primary Care Network:

<https://www.scpcn.ca/services/breastfeeding-clinic>
403-726-0524

NorthernStar Mother's Milk Bank

<http://northernstarmilkbank.ca/>
403-475-6455

Breastfeeding Made Simple:

www.breastfeedingmadesimple.com

Alberta Health Services (Community Postpartum Services)

<http://www.albertahealthservices.ca/services.asp?pid=service&rid=1000961>

East Calgary Health Centre

www.albertahealthservices.ca 403-244-8351
(Early Start Parent Information) 403-955-1360

North Hill Community Health Centre

www.albertahealthservices.ca 403-244-8351
(Early Start Parent Information) 403-944-7400

South Calgary Health Centre

www.albertahealthservices.ca 403-244-8351
(Early Start Parent Information) 403-943-9118

La Leche League Canada (free Calgary meetings)

<http://www.lllc.ca/find-group-alberta>

Calgary Breastfeeding Matters Group

<http://cbmg.ca/>

2. LACTATION CONSULTANTS

Alberta Independent Registered Lactation Consultants

<http://www.aile.ca/calgary-group.html>

International Lactation Consultant Association:

www.ilca.org

3. POSTPARTUM DEPRESSION SUPPORT

Women's Mental Health Clinic:

Foothills Hospital (need a referral from a doctor):

<http://www.albertahealthservices.ca/services.asp?pid=saf&rid=1046519>

Calgary Doula Association (birth and postpartum doulas)

<http://www.calgarydoulas.ca/>

Calgary Childbirth Education & Doula Association

(Birth and Postpartum Doulas and Lactation Consultants)

www.calgarychildbirth.com

403-281-9485

Canadian Mental Health Association

http://calgary.cmha.ca/mental_health/postpartum-depression/

Families Matter

<http://www.familiesmatter.ca/>

Rocky Mountain Psychological Services

<http://www.calgarychildpsychologist.com/>

403-245-5981

Calgary Counselling Centre

<http://www.calgarycounselling.com/counselling/parents-families/>

403-265-4980

Made By Momma

<http://madebymomma.org/>

Postpartum Support International

www.postpartum.net

4. CRANIOSACRAL THERAPY & CHIROPRACTIC

Craniosacral Therapy Calgary

<http://www.craniosacralcalgary.net/>

403-471-2736

Dr. For Moms Chiropractic and Wellness Center

<http://www.drformoms.com/>

info@drformoms.com

403-247-9301

Holistic Institute of Health and Fertility:

<http://www.fertilecalgary.com/>

North Location: 403-984-3970

South Location: 403-455-8029

Elan Family Wellness

Josephene Juell, Chiropractor

<http://www.elanfamilywellness.com/>

403-217-5577

Intrinsi

Lucy Paget, Craniosacral

<http://intrinsi.ca/>

(403) 229-9214

5. PEDIATRIC SLEEP SOLUTIONS

Pediatric Sleep Service: Alberta Children's Hospital *need referral*

<http://www.albertahealthservices.ca/services.asp?pid=saf&rid=1023360>

Alberta Children's Hospital

Level 3, Respiratory/Perinatal Clinics

Sound Sleep Solutions

<http://soundsleepsolutions.ca/>

info@soundsleepsolutions.ca

403-705-4343

6. SIDS

SID Calgary Society

<http://www.sidscalgary.ca/info.htm>

SIDS Canada

www.sidscanada.org

7. GER & GERD

Alberta Children's Hospital *need referral*
Gastrointestinal Services
<http://www.albertahealthservices.ca/services>
Level 3, GI/Metabolic/Endocrine Clinics
403-955-7747

GI Kids
Infant Reflux and Colic
www.pollywogbaby.com

Living with Reflux
www.livingwithreflux.org

Infant Reflux
www.infantreflux.org

8. PARENT SUPPORT

HealthLink
<http://www.albertahealthservices.ca/223.asp>
403-943-5465

North Central Family Connections Parent Link Centre
www.weconnectyou.ca
parentlink@shaw.ca
403-275-6668

Calgary Catholic Immigration Society: Parent Link Family Resource Centre
<http://ccis-calgary.ab.ca>
ecd@ccis-calgary.ab.ca
403-266-6686

YWCA Parent Link Corridor
parentlink@ywcaofcalgary.com
403-262-0497

Aboriginal Parent Link Centre
mail@mcfs.ca
403-240-4642

Hand in Hand Parent Link Centre
www.aspenfamily.org
403-293-5467

Parent Support Association Calgary

<http://psa.calgary.ab.ca/>

Families Matter

www.familiesmatter.ca

info@familiesmatter.ca

403-205-5178

9. MIDWIFERY

Aurora Midwifery

<http://www.auroramidwifery.ca/>

403-203-5105

Alberta Association of Midwives

<https://www.abmidwives.ca/>

403-532-1207

Birth Partnership

<http://www.birthpartnershipmidwives.com/>

403-246 -8968

Briar Hill Midwives

<http://www.briarhillmidwives.ca/>

403-474-8260

Calgary Midwives Cooperative

<http://www.calgarymidwivescollective.com/wp/>

403-452-6070

Cochrane Community Midwives

<http://www.cochranemidwives.ca/>

403-932-3176

Honeycomb Midwives

<http://www.honeycombmidwives.ca/>

admin@honeycombmidwives.ca

403-286-9945

Red Community Midwives

<http://www.redcommunitymidwives.com/>

587-352-5977

Matronae Midwifery

<http://www.matronae.ca/>

matronae.ca@gmail.com

10. PLACENTA ENCAPSULATION

Roots of Life (Nicole Stevens)

<http://placentaroots.com/>

rootsoflifetn@gmail.com

587-227-5054

Pure Birth

<http://www.purebirth.ca/>

403-801-4081

11. MATERNITY CLOTHING

Motherhood Maternity

2525 36 St NE

403-293-6555

Thyme Maternity

Market Mall, 3625 Shaganappi Trail NW

403-288-1133

Posh Mommy

2120 Kensington Rd NW #102

403-283-1654

12. OBSTETRICIANS

Chrysalis Obstetrics & Gynaecology

<http://www.chrysalis-obgyn.ca/>

403-242-0770

13. PARENTING CLASSES

Parenting Power Calgary

<http://parentingpower.ca/>

403-281-2524

Families Matter

<http://www.familiesmatter.ca/>

403-205-5178

14. PERINATAL LOSS/BEREAVEMENT SUPPORT GROUPS

SIDS Support Group

<http://www.sidscalgary.ca>
afrance794@gmail.com
403-265-7437

The Bereaved Parents Network of Calgary

http://www.grievingparentscalgary.ca/main/page_services.html

15. PLAY GROUPS

Attachment Parenting Village Calgary

Summer/Winter Playgroup (Indoor/Outdoor)
<http://apvillage.ca/>
info@apvillage.ca

Families Matter/Parent Link Centre

Bowcroft Elementary School
Room 17/18, 3940 - 73 Street NW
<https://www.familiesmatter.ca/parent-link-centres>
info@familiesmatter.ca
403-205-5178

Parents and Children Together

<http://www.pactcalgary.com/>
403-671-1710

16. SINGLE PARENTING GROUPS

Single Parent Support Program

http://www.weconnectyou.ca/single_parent/index.htm
403-275-6668

17. CHILDREN'S SPECIALS NEEDS SUPPORT GROUPS

Children's Link

<http://www.childrenslink.ca/Portal/DesktopDefault.aspx?tabindex=0&tabid=85>
403-230-9158

18. TEEN PARENT SUPPORT

Louise Dean Centre

<http://www.cfs-ab.org/louise-dean-centre-services>
403-233-2360

19. WELL BABY CLINICS

The Sundance Clinic

<http://www.thesundanceclinic.com/>
403-254-2030

20. BIRTH PHOTOGRAPHY

Erin Shepley Photography

<http://erinshepleyphotography.com/>
403-975-7787

Stoneman Photography

<http://www.stonemanphotography.ca/>

Cat McAteer

<http://www.catmcaateerphotography.com/>

21. MULTIPLE BIRTH GROUPS/ASSOCIATIONS

Twins, Triplets and More Association of Calgary

<http://www.ttmac.org/>
403-274-8703

22. CALGARY HOSPITALS & BIRTH CENTRES

Arbour Birth Centre

<http://www.arbourbirthcenter.com/>
403-284-5950

Alberta Children's Hospital

2888 Shaganappi Trail NW
403-955-7211

Foothills Medical Centre

1403 29 Street NW
403-944-1110

Rockyview General Hospital

7007 14 St SW
403-943-3000

South Health Campus

4448 Front Street
403-956-1111

Peter Lougheed Centre

3500 26 Ave NE
403-943-4555

23. ACUPUNCTURE**Oriental Health Clinic (inside Calgary College of TCM and Acupuncture)**

Dr. Frank Du, M.D. (China), TCMD, R.Ac., RMT (founder of CCTCMA)
107 and 217, 4014 Macleod Trail South
403-287-8688

Body Mind Synergy (affiliate of Canadian Institute of TCM)

Dr. Xia Cheng, M.D. (China), TCMD, R.Ac., Ph.D. (founder of CITCM)
138, 17 Avenue Avenue NE
<http://bodymindsynergy.com/>
info@bodymindsynergy.com
(403) 520 -5258

Michelle Beaubier, R.Ac. (mobile/house calls)

golanyacu@gmail.com
(587) 999-7987

24. Energy work, Alternative Therapies, Bodywork and Meditation**Satori Family Wellness**

Diana Trang, Shiatsu Therapist (Japanese Acupressure)
www.satorifamilywellness.com
satoriwellness@gmail.com
403-796-9057

We Are Pono

Simon Lee, RMT and Lomi Lomi (Hawaiian Bodywork)
<http://www.wearepono.com/>
wearepono@gmail.com
403-681-3122

Body & Brain Wellness

(Korean stretching, breathing, meditation)

215, 366 Aspen Glen Landing SW

www.bodyandbrain.ca

aspenbodyandbrain@gmail.com

Life Bliss Meditation (located at Divine Mine -South)

222, 11566 - 24 Street SE

Facilitator: Sanghavasini Ananda

<http://divinemine.com/pages/south-location-events>

403-279-9555

25. PELVIC FLOOR SPECIALISTS**BodyCheck Prevention & Health Physical Therapy**

1221 Barlow Trail SE

Michelle Day, Physiotherapist

2421 - 5 Avenue NW

<http://www.bodycheckphysio.ca/>

403-457-5404

LifeMark Physiotherapy

Scenic Acres Drive NW

Alana Lazareck-Devlin, Physiotherapist

crowchild@centrichealth.ca

403-288-8877

Lakeview Physiotherapy

6449 Crowchild Trail SW

Gayle Hulme, Physiotherapist

<http://www.lakeviewphysio.ca/>

403-249-5253

26. OSTEOPATHY**Intrinsi**

Lucy Paget & Ed Paget, Osteopathic Therapists

103, 1608 - 17 Avenue SW

<http://intrinsi.ca/>

403-229-9214

Sheridan Sayer

10510 Braeside Drive SW

<http://www.sheridansayermt.com/>

403-970-5430

27. HYPNOBIRTHING

Ohana Counselling & Hypnobirthing

1813 - 8 Street SW

Monica Wong

www.ohanatherapy.com

403-978-2645

28. MOTHER'S HELPERS

Carly Scott

carlyscottmothershelper@gmail.com

403-869-9943

29. CLEANING SERVICES

Carly Scott

carlyscottmothershelper@gmail.com

403-869-9943

30. YOGA

Yoga in Bowness

6404 Bowness Road NW

403-288-2909

31. NATUROPATHY

Synergea Family Health Centre

9 Arbour Lake Drive NW

Dr. Christine Perkins, ND

<http://www.synergea.ca/>

403-247-2947

Glow Health & Vitality

Dr. Hajnalka Pinter, ND

1128 - 10 Avenue SW

www.livelifebetter.ca

587-353-4569

Integra Naturopathics

Dr. Arnell Beaubrun & Dr. Andrea Beaubrun
1026 Bellevue Avenue SE
<http://www.integranaturopathics.com/>
403-284-2055

32. ALLERGY SPECIALISTS

Elan Family Wellness

Scott Hutchison, ASTT (Allergy Sensitivity Treatment Therapy)
48, 7930 Bowness Road NW
403-217-5577

Synergea Family Health Centre

Dr. Christine Perkins, N.D.
9 Arbour Lake Drive NW
<http://www.synergea.ca/>
403-247-2947

Integra Naturopathics

Dr. Arnell Beaubrun & Dr. Andrea Beaubrun, Nd
1026 Bellevue Avenue SE
<http://www.integranaturopathics.com/>
403-284-2055

33. BABYWEARING EDUCATION

Babes in Arms

841 - 1 Avenue NE
www.babesinarms.ca
jaime@babesinarms.ca
403-835-4614

Babywearing Calgary

<https://www.facebook.com/groups/babywearingcalgary/>
www.babywearingcalgary.com

34. CREATIVE CHILD/MOVEMENT

Intellidance

<https://www.intellidance.ca/>
info@intellidance.ca

35. GENTLE SLEEP CONSULTING

Blissful Nights' Sleep

Andrea Galambos

<http://www.blissfulnights.ca/>

403-612-3980