

Parent Education workshop sessions and support groups change quickly depending on the agency and time of the year. Some workshops are on-going and some are only offered once. The best way to find out what is available today is to click on the following links and see what is available now or call the agency to learn more about their programs.

**The following is a list of programs that were taken from the “Parenting Pages” within The Calgary’s Child Magazine.**

**<http://www.calgaryschild.com>**

**While there may be a charge for some of the programs, subsidies may be available upon request.**

#### **Families Matter**

Phone: 403-205-5178 (main line)

Phone: 403-205-5175 (registrations)

Phone: 403-205-5177 (postpartum support)

Email: **[info@familiesmatter.ca](mailto:info@familiesmatter.ca)**

Website: **[www.familiesmatter.ca](http://www.familiesmatter.ca)**

Families Matter creates and facilitate learning opportunities that strengthen families and their connection to communities. The agency provides various programs to families during the various stages of growth. Some of the many programs include our postpartum depression support program, in-home parenting education and various parenting classes and workshops, all which are intended to support families and encourage connection to communities.

#### **Southern Alberta Family & Community Resource Centre, located at Alberta Children's Hospital**

Phone: 403-955-3272

Email: **[ces@sacyhn.ca](mailto:ces@sacyhn.ca)** |

Website: **[http://www.calgaryhealthregion.ca/ACH/programs\\_services/sacyhn.html](http://www.calgaryhealthregion.ca/ACH/programs_services/sacyhn.html)**

Community Education Service provides families with free evidence - informed child health and child mental health education sessions. Sessions are located at Alberta Children’s Hospital and at various venues in the community. Upcoming education sessions can be viewed by visiting **[sacyhn.ca](http://www.sacyhn.ca)** – tab Education Calendar, tab Community presentations. CES is one component of the Southern Alberta Family & Community Resource Centre which provides support and resources for families and professionals across Southern Alberta

**Calgary Health Region**

Perinatal Education Program

Phone: 403-781-1450

Website: [www.birthandbabies.com](http://www.birthandbabies.com)

Visit [birthandbabies.com](http://birthandbabies.com) for information on over 30 courses for expectant and new parents, including dates for our FREE Baby Care Fairs. Attend an Early Pregnancy class, and pick up your free Prenatal Journal and Pregnancy Wellness Guide. Coming Soon: Online Prenatal Classes!

**Calgary Immigrant Women's Association (CIWA)**

Phone: 403-263-4414, Ext. 133

Email: [parenting@ciwa-online.com](mailto:parenting@ciwa-online.com)

Website: <http://ciwa-online.com>

The Cross-Cultural Parenting Program helps immigrant parents cope with the changes they face in a new country and culture. This unique parent education course teaches new and positive parenting skills, Canadian laws, school system and helps understand cultural differences. Handouts and childcare offered free of charge.

**Alberta Justice Parenting After Separation Seminars**

Phone: 403-440-7743

Email: [dhontzias@mtroyal.ca](mailto:dhontzias@mtroyal.ca)

The seminar is about how the divorce process affects children. As of September 1, 1997, anyone who files for divorce or judicial separation, or where custody, access, or child support is in dispute is required by the court to attend the Parenting After Separation Seminar.

**The Alex Community Health Centre**

Phone: 403-266-2622

Website: [www.thealex.ca](http://www.thealex.ca)

The Alex Community Health Centre uses a multi-disciplinary approach to health and well-being. We believe health and wellness can best be achieved through a wide range of services and programs offered through an integrated approach to wellness. We believe this approach links clients to the programs they need to maintain good health.

**Calgary Family Services - In-Sync Program**

Phone: Calgary Family Services - 403-269-9888 and ask for the In-Sync Program

A free, play-based, multi-sensory program aimed at building, enhancing, and strengthening the parent-child relationship. Through the program, parent(s) and their child (ages 0 to six) engage in planned, playful, and multi-sensory activities that help foster healthy development and attachment in young children. In-Sync is a free, self referred program, delivered within the family's home &/or agency office.

**Jewish Family Service Calgary Family Life Education**

Contact: Sandy Shuler, Family Life Education Coordinator

Phone: 403-287-3510

Email: [sandy@jfsc.org](mailto:sandy@jfsc.org)

Website: [jfsc.org](http://jfsc.org)

JFSC is a non-denominational multi/social service family agency open to the entire Calgary and area community. Family Life Education programs cover all aspects of the lifecycle with varied topics: parenting and the one of a kind "Effective Co-Parenting: Putting Kids First" six-week workshop.

**Salvation Army Pregnant and Parenting Support Program**

Contact: Alice Williams

Phone: 403-210-2993

Email: [alice.williams@childrens-village.org](mailto:alice.williams@childrens-village.org)

Website: <http://canopysociety.org/pregnant-and-parenting-support-program/>

Program supports the pregnant and parenting health of families in the Erinwoods, Forest Lawn, Forest Heights, Dover and Radisson communities. Weekly drop-in provides social support as well as information related to pregnancy, labor preparation, breastfeeding, parenting and women's health issues. Registered Nurse on site. All services are free.

**YWCA of Calgary**

YWCA Sheriff King Home: 403-266-4111

24-hour crisis line: 403-266-0707

Parent Link Corridor: 403-262-0497

Website: [ywcaofcalgary.com](http://ywcaofcalgary.com)

The YWCA of Calgary offers programs and services for women and their families providing them with the skills, abilities and opportunities to contribute to and benefit from healthy communities.

**The Stepfamily Foundation of Alberta**

Phone: 403-245-5744

Email: [info@stepfamily.ca](mailto:info@stepfamily.ca)

Website: [www.stepfamily.ca](http://www.stepfamily.ca)

The Stepfamily Foundation of Alberta is a not-for-profit based in Calgary that provides information, courses, and workshops for stepfamilies; and referrals to specially trained service providers. The courses offered include: Building Stepfamilies That Work (for couples) and When HE Has Kids...and You Don't (for new stepmothers).

**The Cross-Cultural Parenting Program**

Phone: 403-263-4414, Ext. 33

Email: [parenting@ciwa-online.com](mailto:parenting@ciwa-online.com)

Has a unique cross-cultural component. Educates regarding laws, institutions, and services that affect parenting in Canada; improves communication with family; increases confidence and teaches new parenting skills. Leads to overall positive growth and development of children, families, and the greater community.

**Birth Parent Services**

Phone: 403-297-6210

Crisis Line: 403-297-2995, Response Team (24 hrs)

Website: <http://www.humanservices.alberta.ca/adoption/15578.html>

Offering information and counselling to birth parents (married or single) to assist in planning for their child. All options open to the parent(s) are impartially explored, including parenting the child; government adoption; private placements through licensed agencies; and direct private adoptions.

**Birth Unlimited**

Phone: 403-237-8839

Email: [birthing@telus.net](mailto:birthing@telus.net)

Website: [www.birthunlimited.ca](http://www.birthunlimited.ca)

Birth Unlimited is a non-profit, consumer organization who helps families make the most informed choices during the childbearing year and beyond. We publish and provide Birthing magazine free to the community, maintain a childbirth focused library, organize educational opportunities, and host Calgary's best consumer-based website for information on childbirth choices in our city (and more). We offer a complimentary one-year membership for expectant families.

### **Twins, Triplets and More Association of Calgary**

Information Line: 403-274-8703

Email: [info@ttmac.org](mailto:info@ttmac.org)

Website: [www.ttmac.org](http://www.ttmac.org)

To improve and promote the health and well-being of expectant multiple birth families and families with multiple births.

### **Caring Beyond**

Phone: 403-294-1131

A support group for parents who have suffered the death of a baby due to miscarriage, stillbirth, neonatal death or genetic termination (poor pre-natal diagnosis). The meetings are held the first Wednesday of every month at the Grace Women's Health Centre (next to the Foothills Hospital). Call for more information or to speak with a facilitator.

## **Single Parenting**

### **Catholic Family Service - Louise Dean Centre**

Phone: 403-777-7635

Website: [www.cfs-ab.org](http://www.cfs-ab.org)

The Louise Dean Centre provides services to pregnant and parenting youth (under 20) and their children from newborn to six-years-old. Services and in-home services are offered.

### **Huntington Hills Single Parent Support Program**

520 - 78 Avenue NW

Phone: 403-275-6666, Ext. 222

Email: [singleparent@shaw.ca](mailto:singleparent@shaw.ca)

Website: [www.weconnectyou.ca](http://www.weconnectyou.ca)

Offers an ongoing, weekly Single Parent Peer Support Group on Monday evenings at the Huntington Hills Community Association. This is an opportunity for single parents to meet, share ideas and concerns, gain support and gather resources. Childcare is provided.

## **Special Needs**

### **Allergy Asthma Information Association**

Phone: (780) 456-6651

Toll-free: 1-866-456-6651

Email: [aaia@telusplanet.net](mailto:aaia@telusplanet.net)

Website: [aaia.ca](http://aaia.ca)

The AAIA is a national organization dedicated to helping individuals with allergies and asthma cope with the concerns of everyday living. We have extensive information available on all topics related to allergies - from the sniffles and sneezes of hayfever to life-threatening food allergies (anaphylaxis) and asthma. Our information is available to the general public at no charge. Membership is available to those wishing to access further information or interested in advocacy work.

### **CHADD – Calgary Chapter**

Voicemail: 403-225-8512

Website: <http://members.shaw.ca/chaddcalgary/>

CHADD holds monthly Support Group meetings for parents of children and adults with ADHD, attention deficit hyperactivity disorder. All are welcome to attend our free meetings, you don't have to be a member to attend, and our meetings are held the first Wednesday of each month at 7pm at the Alberta Children's Hospital, 4th floor Conference rooms.

### **The Children's Link Society**

Phone: 403-230-9158

Fax: 403-230-3252

Email: [child@nucleus.com](mailto:child@nucleus.com)

Website: [childrenslink.ca](http://childrenslink.ca)

The Children's Link Society provides information and support links to families; communities; agencies and professionals in Western Canada for children and young adults with disabilities.

### **Learning Disabilities Association of Alberta Calgary Chapter**

Phone: 403-283-6606

Toll Free: 1-866-408-5322 (LDAA)

Email: [info@ldaa.net](mailto:info@ldaa.net)

Website: <http://www.ldalberta.ca/>

The LDAA-CC is dedicated to advancing the education, social development, legal rights and general well-being of people with learning disabilities and related disorders. Children and teen programs include summer camps and year-round social skills programs. These programs focus on building communication skills, problem-solving skills and friendship skills. The LDAA-CC also offers parent and educator workshops, a resource library, an information hotline and much more.

### **Providence**

5232 - 4 Street SW (Main School and Administration)

Phone: 403-255-5577

Fax: 403-255-1254

Website: [www.providencechildren.com](http://www.providencechildren.com)

Providence is a registered charitable organization and non-profit society providing health, education and therapeutic services for preschool-aged children with all types of disabilities. Providence is Calgary's most experienced preschool for children with special needs. Registration is ongoing and the public is invited to contact us at any time to arrange a visit and see how we can help.

### **Salvation Army Child and Family Services BRIDGES Program**

Phone: 403-246-1124

Website: <http://www.momsdadsandkids.com/directory/listing.php?id=2233>

The BRIDGES program is designed for children between the ages of three- to six-years who are exhibiting significant behavioral and emotional difficulties. BRIDGES accepts children based on referrals by parents/legal guardians. BRIDGES does not have a fee for service cost; this program, and the transportation, is funded through Alberta Learning. BRIDGES' teams include teachers, child care counselors, a speech-language pathologist, psychologists, family therapists and consulting psychiatrist.

### **Society for Treatment of Autism**

Phone: 403-253-2291

Email: [atsc@autism.ca](mailto:atsc@autism.ca)

Website: [sta-ab.com](http://sta-ab.com)

Provides a comprehensive treatment and educational service for individuals with autism and related disorders while offering education services for families.

### **Calgary Community Living Society**

4112 - 4 Street NW

Phone: 403-245-4665

Email: [ccls@telus.net](mailto:ccls@telus.net)

Website: [www.cclsocalgary.ca](http://www.cclsocalgary.ca)

A grassroots family association committed to creating inclusive communities, CCLS provides advocacy, information and support to families and individuals with developmental disabilities. Offers family to family support and networking. Advocates for community inclusive practices and policies. Works collaboratively with other organizations who share common values.

## **Support & Guidance**

### **Academy Counselling**

Phone: 403-245-5750

Email: [info@academycentre.com](mailto:info@academycentre.com)

Website: [www.academycentre.com](http://www.academycentre.com)

Academy Counselling Corp. provides a full range of assessment, counselling and consulting services for: individual, couples, families, groups and organizations. Our professional staff of doctoral level psychologists and registered social workers are recognized experts regarding: school and learning problems, discipline and behavior problems, and relationship (parent-child, couple and family) concerns. Your fees may be covered in whole or in part by your extended health care plan (e.g., Blue Cross) or your EAP/AFAP provided by your employer. Medical referrals are not required.

### **Calgary Family Services**

Phone: 403-269-9888

Email: [generalinquiries@calgaryfamilies.org](mailto:generalinquiries@calgaryfamilies.org)

Website: <http://caryacalgary.ca/>

CFS has a wide range of counseling and in-home caregiver services that are designed to enhance family potential and assist the elderly, the ill and the handicapped to maintain their independence and dignity. Additional courses are also offered.

### **Calgary Counselling Centre**

Phone: 403-691-5991 or use our online Intake form at [calgarycounselling.com](http://calgarycounselling.com)

Email: [intake@calgarycounselling.com](mailto:intake@calgarycounselling.com)

Website: [www.calgarycounselling.com](http://www.calgarycounselling.com)

Calgary Counselling Centre is the largest provider of counselling services in Calgary, providing compassionate, professional and affordable counselling services since 1962. Offering service in over 15 languages with no waiting list, the Centre is proud to offer programming for youth: children of divorce, eating disorders, adolescents and depression, responsible choices for children & parents - for youth who are aggressive or abusive at home or at school. The Centre's fee structure is based on income - no one is turned away for an inability to pay.

### **Caring Beyond**

Phone: 403-294-1131

A support group for parents who have suffered the death of a baby due to miscarriage, stillbirth, neonatal death or genetic termination (poor pre-natal diagnosis). The meetings are held the first Wednesday of every month at the Grace Women's Health Centre (next to the Foothills Hospital). Call for more information or to speak with a facilitator.



### **Catholic Family Service – Central Office**

Phone: 403-233-2360

Website: [www.cfs-ab.org](http://www.cfs-ab.org)

The Family and Community Services Program at Central Office provide individual, couple and family Counselling. This program addresses issues of children of all ages. Counselling with children is done in a family context which may include some individual counselling.

### **Parent Support Association of Calgary**

Phone: 403-270-1809

Email: [parentsu@psa.calgary.ab.ca](mailto:parentsu@psa.calgary.ab.ca)

Website: [www.helpforparents.ca](http://www.helpforparents.ca)

We are peer support groups for parents experiencing problems with their youth/teens ages 10 to 18.

### **Prime Time - Family Coaches**

Phone: 403-205-5279

Free and voluntary early intervention program for families in the downtown area who have at least one child aged 0 to two. Is an in-home support program aimed at providing teaching, mentoring, support and linkage to resources.

## **Private Businesses Offering Parenting Programs and Services**

### **Bellies, Babies & Beyond**

Phone: 403-852-4650

Email: [kim@belliesbabiesandbeyond.ca](mailto:kim@belliesbabiesandbeyond.ca)

Website: [belliesbabiesandbeyond.ca](http://belliesbabiesandbeyond.ca)

Bellies, Babies & Beyond specializes in pre and postnatal fitness classes and in-home personal training. My business targets age groups 1 and 3.

### **CalgaryMoms.com**

Phone: 403-285-7613

Email: [admin@calgarymoms.com](mailto:admin@calgarymoms.com)

Website: [www.calgarymoms.com](http://www.calgarymoms.com)

Open since March 2005, this local website has a large Calgary-based mom membership. Its goal is to provide a supportive environment for moms to connect and develop friendships online and offline through playgroups, mom's night out, retreats, weight loss challenges, clubs and so much more. Come share your mommy moments!

**Parenting Power**

Phone: 403-281-2524

Email: [infocm@parentingpower.ca](mailto:infocm@parentingpower.ca)

Website: [parentingpower.ca](http://parentingpower.ca)

We believe there is more than one 'right way' to parent. Our courses and family coaching will help you to feel more confident, capable and calm. We target adults with children from infants to teens. Discipline is the best of the four but we also work with mothers and/or fathers.

**Post Natal Helpers Ltd.**

Phone: 403-640-0844

Post Natal Helpers Ltd. provides part-time childcare services for families with newborns, toddlers, preschoolers, and/or special needs children. Available days, evenings, weekends, and overnight.

**Raymond Parenting**

Category: Newborn to 2 years

Mothers and/or Fathers

Phone: 403-242-3533

Email: [info@raymondparenting.com](mailto:info@raymondparenting.com)

Website: [raymondparenting.com](http://raymondparenting.com)

Kitty Raymond, pediatric sleep specialist, offers Prenatal Sleep from the Start, Sleep from Now on, Setting Healthy Limits Ages one- to five-years and Toilet Learning the Easy Way.