



PARENTING RESOURCES

→ *Parenting is one of the most challenging jobs you will ever face. As much as you want to do the best job you can, you may need support. A variety of community agencies can assist you with parenting issues, whether a child is an infant, a toddler or a teen.*

REMEMBER

For assistance and connection to appropriate agencies, please speak to your family doctor who can also make a referral to a behavioural health consultant. The behavioural health consultant will provide support and guidance in getting you the services you need.

Please talk to your family doctor about PCN services.

edmontonsouthsidepcn.ca

PARENT LINK CENTRES

provide free or low-cost parenting programs and social/recreational opportunities for families. Programs include home visitation, collective kitchens, toy lending library and drop-in play times.

Call **211** to locate the centre nearest you.

Website: www.parentlinkalberta.ca

THE PARENT INFORMATION

LINE (Alberta Children and Youth Services) provides early childhood development and child care information in Alberta.

Toll-free: 1.866.714.KIDS (5437)

BENT ARROW TRADITIONAL HEALING SOCIETY

is the Aboriginal Parent Link Centre. They offer a variety of drop-in programs with an aboriginal focus. The society offers other programs ranging from employment assistance to home visitation.

Phone: 780.474.2400

Website: www.bentarrow.ca

ALBERTA HEALTH LINK provides information on children's physical development and answers to health-related questions.

Information is provided on various programs, including prenatal and postnatal care and specialized clinics for specific needs.

Phone: 811

CRISIS UNIT provides help to children at immediate risk.

Phone: 480.422.2001

After hours phone: 780.427.3390
If it is an emergency, call 911.