

AHS Community Prenatal Programs, Public Health

In-home client services, classes - prenatal and postnatal, client supports and online resources

Programming developed and delivered by AHS Health Care Professionals

3 programs for Calgary Zone provided under one umbrella...*Promoting healthy pregnancies, babies and families*

ACCP

Antenatal Community Care Program

CLIENT: MEDICALLY HIGH RISK PREGNANCY

Physician referral required
Registered Nurse and Registered Dietitian
services and support.

Providing: In-home visits and daily telephone assessments to support women in the community with high risk pregnancies

- On-site vital signs and fetal monitoring
- Access to online prenatal classes
- Health education and support for client to self-monitor their health conditions
- Resources and referrals

AHS Forms:

ACCP Referral
ACCP Physician's Order

Forms available on:

- insite.albertahealthservices.ca/forms/asp
- Inform AB
- AB Referral Directory

Pager: 403.229.4578

Office: 403.955.1210 (8:30 – 16:00)

Fax: 403.955.1211

Best Beginning

Prenatal Program – Health Promotion

CLIENT: Low income pregnant women and pregnant teens who can benefit from social and emotional support, health education and language support.

Physician, program or self referrals accepted
A FREE supportive health service

Providing: Weekly group health education and peer support

- Individual health and nutrition support
- Interpretation available

Free developmental programming at weekly group meetings for children ages 1-6, led by a Child Life Specialist

Interdisciplinary Teams

Registered Nurses, Social Workers, Dietitians and Outreach Workers

Program Locations

Five locations in Calgary, and Airdrie

Access to telephone interpretation

*Over 200 languages available for telephone interpretation

The Best Beginning Prenatal Book

is a **free** downloadable resource available in **10** languages on www.bestbeginning.ca

For program details visit

www.bestbeginning.ca

Phone: 403.228.8221 for more information
and to sign up

Perinatal Education Program

Childbirth and Early Parenting Education

CLIENT: Expectant parents and new parents in the Calgary zone and surrounding areas.

Client registered classes (with fee)
Subsidized classes available for
low income clients

Providing: Over 30 classes for prenatal and postnatal clients, siblings, grandparents and caregivers.

- Standardized evidence based curriculum
- Classes offered at multiple locations
- Video tours of Calgary and rural areas hospitals

Free Classes: Early Pregnancy
Healthy Eating for Pregnancy

Prenatal Classes:

Birth and Babies
(10, 6, 4, & 2 wk series)
Twin, Triplet Childbirth
VBAC & Refresher
...and more, see website

Postnatal Classes:

Baby & You for Moms
Daddies & Babies
Sleep Workshop
Car Seat Safety
...and more, see website

AHS programming and supports for prenatal and postnatal clients utilizing up to date and researched based prenatal & postnatal education.

For online registration, educational content
and videos visit

www.birthisandbabies.com

Phone: 403.955.1450 or 1.866.471.7011