



# Families Matter Can Help

The city is full of resources and people that can help you and your family

## For information and questions about:

Postpartum depression, in home support, drop in baby groups, parenting classes, couples group, call:

**Families Matter 403 205 5178**

Breastfeeding call: **Breastfeeding Clinic 403-220-9101**

**Alexander Health 403 266 2622**

If your baby is under 2 months old, and you have questions about baby, you can reach a nurse day or night by calling:

**Early Start Line 403 244 8351**

If you need some help understanding parenting your new baby and would like someone to visit you at home, call:

**Healthy Families 403 204 0800**

If you are needing to leave your home because your partner is making it unsafe call:

**Sherriff King Home 403 266 0707**

**Women's Shelter 403 234 7233**

They will help you keep you and your children safe.

If you are having thoughts or plans to hurt yourself, or just need someone to talk to call:

**Distress Centre 403 266 4357**

If you need help caring for your child so you can care for yourself and family, a worker can come to your home and help you with your baby so you can get some rest or you can leave your baby at the cottage for safe care for 72 hours. Call:

**Children's Cottage 403 233 2273**

- Are you an immigrant to Canada and want help in another languages?
- Do you want to know about childcare, jobs, English testing or other questions?

These agencies can help:

Calgary Immigrant Women's Assoc.  
**Call: 403 263 4414**

Calgary Catholic Immigrant Society  
(you do not need to be Catholic)  
**Call: 403 262 5692**

Immigrant Services Calgary  
**Call: 403 265 1120**



**Talking to us is good for you and your baby.  
We can help. Call 403 205 5178**

Support for this resource was  
generously provided by :

