

# IMPROVE Research Study

## Family Resources List

I'm looking for support and resources for healthy eating and exercise options....

Find Comprehensive Listings at [www.informalberta.ca](http://www.informalberta.ca) and by calling Health Link 8-1-1

Nutrition and Active Living		
<b>Canada's Food Guide</b>	Recommendations for food intake developed (Health Canada). "My Food Guide" tool allows you to customize the guide based on your needs.	<a href="http://www.canada.ca/en/health-canada/services/canada-food-guides.html">www.canada.ca/en/health-canada/services/canada-food-guides.html</a>
<b>Healthy Alberta</b>	A food checker to compare nutritional values of different foods and offers healthy eating resources.	<a href="http://www.healthyalberta.com">www.healthyalberta.com</a>
<b>MyHealthAlberta</b>	Provincial Health information on almost any health topic. Find information about managing weight, heart health, nutrition, mental health, exercise, and more.	<a href="http://www.MyHealthAlberta.ca">www.MyHealthAlberta.ca</a>
<b>Health Link</b>	8-1-1 (Alberta only) to speak to a Registered Nurse or Registered Dietitian and gather resource information and guidance.	Phone: 8-1-1
	Early Start Line – focus on newborn care (<2months)	Early Start Line <a href="tel:403-244-8351">403-244-8351</a>
<b>Centre for Active Living</b>	Provides information and resources for a variety of topics including exercise and nutrition for postpartum women.	<a href="http://www.centre4activeliving.ca">www.centre4activeliving.ca</a>
<b>AHS free dietitian consult</b>	Attend a class or phone in to speak with a dietitian about your nutritional needs or infant and toddler feeding.	<a href="tel:403-943-2584">403-943-2584</a>
<b>Medication and Herbal Advice Line</b>	Understand the options and information on medications or herbal approaches	<a href="tel:1-800-332-1414">1-800-332-1414</a>

## I'm looking for someone to talk with...

Emotional Health and Support		
<b>Alberta Health Services Resources</b>	Access Mental Health can help connect you to emotional health support and counseling services including services for postpartum depression.	Ph: 8-1-1 or 403-943-1500 <a href="http://www.informalberta.ca">www.informalberta.ca</a> for service information and options in your area.
<b>Families Matter</b>	Post partum support groups, parenting resources and classes	<a href="http://www.familiesmatter.ca">www.familiesmatter.ca</a>
<b>Distress Centre of Calgary</b>	Distress Centre – crisis support, in home crisis response, counseling, and information about community resources. Online chat is available from 5pm – 10pm daily, or phone support is available 24hr a day	<a href="http://www.distresscentre.com">www.distresscentre.com</a> or call Ph: 403-266-4357
<b>Walk in Support – Mental Health Urgent Care</b>	Sheldon Chumir health Centre South Calgary Health centre rural urgent care centres	<a href="http://www.albertahealthservices.ca">www.albertahealthservices.ca</a> (search mental health urgent care)
<b>Community Counselling Agencies (sliding fee scale)</b>	Carya, Catholic Family Services, Calgary Counselling Centre, Eastside Family Centre	<a href="http://www.informalberta.ca">www.informalberta.ca</a>

## I'm looking for information on where to find financial support or help with basic needs (housing, food)...

Other Resources		
<b>2-1-1 Alberta</b>	Find the right community and social service agency to meet your needs. You can find information on financial support, housing resources, and other basic needs.	<a href="http://www.ab.211.ca/">http://www.ab.211.ca/</a> or call 2-1-1 in the city
<b>Universal Child Care Benefit</b>	Information about access to the Universal Child Care Benefit, the National Child Benefit Supplement, and more. T	<a href="https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html#nt">https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html#nt</a>
<b>Good Food Box</b>	Fresh fruits and vegetables at a lower cost. There are 150 delivery sites in Calgary and a variety of box sizes to choose from.	<a href="http://www.ckpcalgary.ca/index.php/program-services/good-food-box">http://www.ckpcalgary.ca/index.php/program-services/good-food-box</a>

<b>Calgary Inter-Faith Food Bank</b>	Eligible families can receive food hampers 7 times per year. Also has a Children's Milk Program that provides fresh milk and/or formula to infants and breastfeeding mothers.	Main: <a href="tel:403-253-2055">403-253-2055</a> Children's Milk Program ( <a href="tel:403-253-2059">403-253-2059</a> )
<b>Neighbourlink (ICU2 Program)</b>	Provides formula and other baby supplies as needed	. <a href="tel:403-209-1305">403-209-1305</a>
<b>Carya (new name for Calgary Family Services)</b>	Counselling, family programs, no cost in-home parenting support, respite options.	<a href="http://caryacalgary.ca/our-programs/parenthood/">http://caryacalgary.ca/our-programs/parenthood/</a>
<b>Parent Link Centres</b>	Located through the city and rural areas	<a href="http://www.frfp.ca/parents-resources/community-resources/parent-link-centres.htm">www.frfp.ca/parents-resources/community-resources/parent-link-centres.htm</a>
<b>Children's Cottage</b>	No cost respite care for families in crisis. This includes crisis nursery care as well as in home respite and daycare respite programs.	<a href="tel:403-233-2273">403-233-2273</a> (24 hrs) <a href="http://childrenscottage.ab.ca/">http://childrenscottage.ab.ca/</a>