

Women's Health Programs & Services

Women's Health Resource programs in the Calgary Zone are being restructured to reduce duplication and streamline access. Patients and clients can now access these services through other programs operated by AHS and community organizations.

Consult Services

Registered Nurses specializing in Chronic Disease Management (CDM RNs) are available to partner with community agencies and physicians to support patients with chronic conditions such as diabetes, high blood pressure, high cholesterol, Congestive Heart Failure, asthma, chronic pain, and obesity.

Visit www.albertahealthservices.ca/info/Page8930.aspx for more.

Best Beginning Program includes a team of social workers, nurses, dietitians, first language outreach workers and educators, providing health information and support to pregnant women and teens. Services include free food and milk coupons, prenatal vitamins, free child-birth classes, links to community resources, and first-language services for immigrant and refugee women. Visit www.birthandbabies.com for more.

Education and Workshops

The Perinatal Education Program offers more than 30 different courses for expectant and new parents and their families in 35 locations around Calgary. First language classes are also offered in Hindi, Urdu, Punjabi, Arabic, Spanish, Cantonese and Mandarin. For registration and more information, visit www.birthandbabies.com.

Sexual and Reproductive Health educators offer free programs and resources about sexual health to parents, schools, community groups, healthcare providers and services providers. More information can be found on their website: <http://www.albertahealthservices.ca/services/Page13737.aspx>

Counselling Services

AHS cannot endorse any external organization, the following organizations offer counselling services in the Calgary area.

- **Calgary Counselling Centre** <https://calgarycounselling.com/>
- **Catholic Family Service (CFS)** www.cfs-ab.org/

Women's Health Outreach

The Diversity Liaison Team aims to improve health equity in vulnerable populations. The team connects vulnerable populations to AHS programs and community resources and raises public awareness of general health issues. The team provides presentations on health system navigation and health promotion topics to community/immigrant serving agencies. For more information, call the East Calgary Health Centre (403) 955-1486, (403) 955-1486 (Cantonese and Mandarin), (403) 955-1213 (French), (403) 955-1488 (Korean).