

## **Resources and Services for Parents of Assets in the Community**

### **Public Health Nurse**

Public Health Nursing provides health promotion, disease prevention, intervention and support services to women, children, youth and families living across the Island Health region. Services are provided to individuals, families, groups and communities in homes, schools, health units and community settings.

The four areas that are covered by public health nurses include:

- Services to Support Women and Families During Pregnancy and the Postpartum Period.
- Services to Families and Caregivers of Infants and Preschoolers.
- Services to Support Individuals and the Families of School-Age Children.
- Communicable Disease Control.

Nursing Support Services  
Medicentres Canada Inc  
110-8180 MacLeod Trail SE, Calgary, AB T2H 2B8  
403-259-3256


### **Child Welfare**

Child Welfare is a broad program where Acts, Regulations and Policies are significantly complex and require astute interpretation. Decisions made in these roles are life impacting where the ultimate focus is the safety and protection of the most vulnerable segment of society - children.


Purpose:

To receive all reports of alleged child abuse, to examine information and determine whether there is need for investigation i.e. whether a child's survival, security or development is endangered.

Primary client is the child who is at risk.

 780-427-7217

 310-0000 (toll-free)

 8:15 am-4:30 pm

Open Mon-Fri

Closed statutory holidays

## **Community of Service Sights (COS)**

Community Services for Sight offers a variety of services to help our customers remain independent in their communities. These services include door to door transportation to and from all medical appointments; our friendly, courteous drivers will help you from the door of your home into our and into the doctor's office. The same caring, compassionate services will be received on your return home. We also provide in home support services such as assistance with reading and organizing mail, check writing, balancing check books, compiling shopping lists, filling out forms or applications, labeling and organizing household items.

The Specialized Services program is designed to assist individuals who are blind or visually impaired of any age to maintain independence in their home and community. Services provided under this contract are Transportation/Escort, Support Services, and Life Skills Education. Transportation/Escort is provided to enable a customer to safely reach facilities and essential community resources for such reach medical facilities and essential community resources for such purposes as banking, shopping, receipt of support services, and material assistance.

## **Parks and Recreation**

How to find a park in Calgary

## **Family and Community Support Services (FCSS)**

FCSS offices in your area may choose to offer services such as:

- parent-child development activities
- temporary or occasional parent relief
- support services for school aged children
- parenting and family life education and development programs
- marriage enrichment
- retirement planning
- programs for single adults and single parents
- courses designed to enhance self-awareness and personal growth
- individual, family and group counselling services
- youth development
- home support
- education and information
- outreach and coordination
- self-help socialization activities

**Community Strategies (8116)**

City of Calgary  
Box 2100, Station M  
Calgary AB T2P 2M5

Telephone: (403) 268-5155  
Fax: (403) 268-5765

email: [katie.black@calgary.ca](mailto:katie.black@calgary.ca)

**Public Library**

Calgary Public Library Administration  
6th Floor 616 Macleod Trail S.E. Calgary AB T2G 2M2  
404.260.2600

**Toy Lending Library**

The Toy and Resource Library offers a wide selection of toys for children up to five years of age. Parents, grandparents and caregivers appreciate being able to borrow age-appropriate toys that will help their children develop skills they will use throughout their lives.

The children enjoy the novelty of choosing toys that may be different from the ones they have at home. The library includes activity centres, building blocks, puzzles, pop boxes, games and toys that encourage gross motor activity. We also have a selection of toys for children with special needs.

Contact us: 1-866-945-3905

**Woman's Shelter**

The Calgary Women's Emergency Shelter opened as Alberta's first women's emergency shelter in 1974. Each year over 15,000 Calgarians access the many programs and services offered. Over 3600 of our

clients are children including more than half of the residents of the Shelter arriving with their mother fleeing abuse.

Most people know our role in providing emergency accommodation for women in need, but today the Calgary Women's Emergency Shelter is so much more than a shelter. For most of our clients, a stay at the Shelter is but the first step in a long journey towards a safe, fulfilling, and independent life that we do our best to help them create.

FAMILY VIOLENCE HELPLINE: 403-234-SAFE (7233)

### **Daycare Licensing**

A licence is required under the Child Care Licensing Act to operate a child care program that provides care for seven or more children except for:

- An education program provided under the School Act;
- A day camp, vacation camp or other recreational program that operates for less than 12 consecutive weeks;
- Supervision of children at a recreational facility, retail centre or other commercial establishment where the parents of the children remain on the premises and are available; or
- Private babysitting in a private home for six children or less. The caregiver's own children are not included in these six.

Approved family day homes are not required to be licensed as they are monitored by the family day home agency.

### **City Hall**

### **Police and RCMP**

### **Parent Support Association (PSA)**

For over 30 years the Parent Support Association has helped hundreds of parents navigate the teenage years. The end goal is for parents to have a positive, long-term relationship with their child.

Children can be a joy but they can also be a source of great pain. Parenting a teenager who is making poor choices is one of the most difficult experiences you can have.

We offer a network of support – professionals and other parents who have experienced first-hand the worry, frustration and isolation that families can feel. Working together, we find practical solutions and tools that you can start using immediately – solutions that help your teen find their way back and help you rebuild your family.

Call PSA at 403-270-1809 for support, information and referrals.

### **Family Resource Facilitation Programs (FRFP)**

Mission: FRFP is committed to creating collaborative partnerships and relationships within the community while building capacity and quality in child care programs. Through education, support and resources we guide, empower and strengthen child care programs and their families resulting in quality care for children.

### **Food Bank**

Established in 1982, the Calgary Food Bank is a charitable, non-profit organization dedicated to gathering and distributing quality emergency food to those in need.

### **Community Kitchen Program**

Mission: Working within communities to help people learn to feed themselves in an economical and nutritious manner, providing food in emergency situations; and creating a supportive network for participants of the programs. Maintaining the highest standards of compassion, integrity and respect, the Community Kitchen Program seeks to achieve its purpose through active participation in a dynamic community of collaborative practice. Our aim is to overcome barriers of isolation, poverty, cultural and racial, as we assist individuals and families navigate through financial hardships. We focus on building self-esteem, providing practical knowledge and relevant experience.

### **Clothing Depot**

Clothing Depot is one of the Women's, Men's and Boy's Clothing and Furnishings in Calgary, Alberta, located in 3705 17 Ave Se , T2A 0S1. Contact a representative of Clothing Depot at 403-568-6662 for your queries.

## **Child & Family Services Authority**

Calgary and Area Child and Family Services offers a range of supports and services to children, youth, adults and families residing in the City of Calgary and surrounding areas.

Regional Office

#300, 1240 Kensington Road NW

Calgary, AB T2N 3P7

Reception: 403-297-6100

Fax: 403-297-7214

General Email Inquiries: [calgaryareacfsa.info@gov.ab.ca](mailto:calgaryareacfsa.info@gov.ab.ca)

Office hours: 8:15 a.m. to 4:30 p.m., Monday to Friday, closed statutory holidays.