

## 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](http://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](http://www.bestbeginning.ca)

For program details visit

[www.bestbeginning.ca](http://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  
Childbirth Essentials  
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](http://www.birthisandbabies.com)

Phone: 403.955.1450 or 1.866.471.7011