

Pregnancy and Parenting

Calgary Pregnancy Care Centre

<https://www.pregcare.com/>

403-269-3110 (24 hour helpline)

Administration: **403-269-3111**

- To assist anyone facing an unplanned pregnancy or experiencing challenges resulting from any pregnancy decision. And to provide community education around teen sexuality (with a focus on unplanned pregnancy).
- Services offered:
 - 24-hour pregnancy helpline
 - Accommodation search assistance
 - Birth mom's support group
 - Prenatal classes
 - Maternity & baby resources
 - Parenting skills courses
 - Post abortion recovery support
 - Pregnancy test and options education and support
- Note
 - Give support and referrals
 - Free of cost