

## **Links to Websites that Provide Reliable Health Information**

**Alberta Health and Wellness** provides health information about wellness and healthy living, nutrition, emergency health services, immunization, and much more.

Phone: 780.427.1432 (Edmonton), Toll free in Alberta dial 310.0000 then 780.427.1432

Web: [www.health.alberta.ca](http://www.health.alberta.ca)

**Alberta Health Care Insurance Plan** is the basic health insurance plan for Alberta resident to cover medically necessary hospital and health care services.

Phone: 780.427.1432 (Edmonton), Toll free in Alberta dial 310.0000 then 780.427.1432

Web: [https://www.alberta.ca/ahcip-contact.aspx?utm\\_source=redirector](https://www.alberta.ca/ahcip-contact.aspx?utm_source=redirector)

**Alberta Health Services** is responsible for the planning and delivery of health supports and services for Albertans.

Phone: Toll free 1.866.943.1120

Web: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

**Health Canada** is the Federal department responsible for helping Canadians maintain and improve their health, while respecting individual choices and circumstances.

Web: [www.hc-sc.gc.ca/index-eng.php](http://www.hc-sc.gc.ca/index-eng.php)

**Primary Care Initiative** oversees and supports the development of Primary Care Networks in Alberta.

Phone: 780.488.4350 (Edmonton), Toll free: 1.866.714.5724

Web: [www.pcnpmo.ca](http://www.pcnpmo.ca)

## **More Health Information and Resources**

**Active for Life** is the place where parents go to learn about how to make a difference in the health and happiness of their children.

Web: [activeforlife.ca](http://activeforlife.ca)

**ElderCare Edmonton** provides therapeutic recreation adult day programs and a caregiver support program.

Web: <https://www.eldercareedmonton.ca/>

The **Alberta Centre for Active Living** is a primary source of research and education on physical activity.

Web: [www.centre4activeliving.ca](http://www.centre4activeliving.ca)

The **Alberta Lung Association** provides information about lung diseases such as asthma and COPD, as well as information about smoking cessation and the environment.

Web: [www.ab.lung.ca](http://www.ab.lung.ca)

**Alberta Quits** is an online multi-media smoking cessation tool available through Alberta Health Services.

Web: <https://www.albertaquits.ca/>

The **Alzheimer Society of Canada** provides support, information and education to people with Alzheimer's disease and related dementias, families, physicians and health-care providers.

Web: [www.alzheimer.ca](http://www.alzheimer.ca)

**Birth and Babies**, the educational website of the Alberta Health Services Childbirth Education Program, provides information to help families receive seamless service and the most accurate and up to date information. Care is based on Canadian guidelines for the nurturing and care of pregnant women and families.

Web: [www.birthandbabies.com](http://www.birthandbabies.com)

The **Canadian Cancer Society** is a national, community-based organization of volunteers, whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

Web: [www.cancer.ca](http://www.cancer.ca)

The **Canadian Celiac Association** is a good information source for people with Celiac Disease, including diet recommendations.

Web: [www.celiac.ca/](http://www.celiac.ca/)

The **Canadian Diabetes Association** provides information for newly diagnosed diabetics including resources about the disease, living with it, etc.

Web: [www.diabetes.ca](http://www.diabetes.ca)

**Hypertension Canada** provides information about blood pressure and hypertension prevention and treatment.

Web: [www.hypertension.ca](http://www.hypertension.ca)

The **Canadian Mental Health Association** (Alberta Division) provides information and resources about mental health and mental illness and supports the resilience and recovery of people experiencing mental illness.

Web: <https://cmha.ca/>

The **Canadian Obesity Network** provides resources for the public and health professionals about obesity and weight loss management.

Web: [www.obesitynetwork.ca](http://www.obesitynetwork.ca)

The **Canadian Society for Exercise Physiology (CSEP)** is the principal body for physical activity, health and fitness research and personal training in Canada. The CSEP fosters the generation, growth, synthesis, transfer and application of the highest quality research, education and training related to exercise physiology and science.

Web: [www.csep.ca/english/view.asp?x=1](http://www.csep.ca/english/view.asp?x=1)

**Caring for Kids** (developed by the Canadian Pediatric Society) is a website designed to provide parents with information about their child's health and well-being.

Web: [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

The **Centre for Suicide Prevention** provides resources for the public and health care professionals on the topic of suicide awareness.

Web: [www.suicideinfo.ca](http://www.suicideinfo.ca)

**Dietitians of Canada** is a trusted source of information on food and nutrition for Canadians.

Web: [www.dietitians.ca](http://www.dietitians.ca)

**Health Link Alberta** provides Alberta-based and physician-approved information about more than 1,000 health topics ranging from diseases to healthy living and disease prevention.

Phone: 780.408.5465 (Edmonton), 403.943.5465 (Calgary), Toll free 1.866.408.5465

Web: [www.healthlinkalberta.ca](http://www.healthlinkalberta.ca)

**Healthy Living Resources** provides information and resources to support and encourage Albertans to lead healthier lifestyles.

Web: <https://www.alberta.ca/healthy-living-resources.aspx>

**Inform Alberta** is a province-wide on-line directory of community, health, social, and government services across the province. Services are organized by topic and geographic area.

Web: [www.informalberta.ca](http://www.informalberta.ca)

The **Libin Cardiovascular Institute of Alberta** is an overarching institute coordinating all cardiovascular science research, education and patient care in Calgary (associated with Alberta Health Services (Calgary) and the University of Calgary).

Web: [www.libin.ucalgary.ca](http://www.libin.ucalgary.ca)

**MyHealth.Alberta.ca** is a province-wide on-line repository of health topics, tools, resources and alerts.

Web: [myhealth.alberta.ca](http://myhealth.alberta.ca)

The **Parkinson's Society of Canada** provides information and resources for people living with Parkinson's Disease.

Web: [www.parkinson.ca](http://www.parkinson.ca)

**Screening for Life** promotes early cancer detection by making breast, cervical, and colorectal cancer screening a priority.

Web: [www.screeningforlife.ca](http://www.screeningforlife.ca)

**University of Calgary - Chronic Disease Management** provides access to audio-video education on diabetes, weight management, blood pressure & cholesterol, stress and life after gestational diabetes.

Web: [ucalgary.ca/cdm/node/8](http://ucalgary.ca/cdm/node/8)

## Community Resources Directory

\*SG, SP & Parkland County Green Book\*

### **Crisis Assistance/Emergency Shelters**

Sexual Assault Centre of Edmonton – [sace.ab.ca](http://sace.ab.ca)

WIN House (Edmonton Women's Shelter) – [winhouse.org](http://winhouse.org)

Wings of Providence – [wingsofprovidence.ca](http://wingsofprovidence.ca)

Women's Emergency Accommodation Centre – [e4calberta.org](http://e4calberta.org)

YESS (Youth Empowerment & Support Services) – [yess.org](http://yess.org)

Stop Abuse in Families (S.A.I.F) Society – [stopabuse.ca](http://stopabuse.ca)

### **Emergency and Protective Services**

Ambulance - Spruce Grove – [sprucegrove.org](http://sprucegrove.org)

HEALTHLink Alberta – [albertahealthservices.ca](http://albertahealthservices.ca)

## **Mental Health**

Canadian Mental Health Association – [edmonton.chma.ca](http://edmonton.chma.ca)

Child, Adolescent & Family Mental Health – [casaservices.org](http://casaservices.org)

Child and Adolescent Mental Health Community Programs – [albertahealthservices.ca](http://albertahealthservices.ca)

Addictions and Mental Health – [albertahealthservices.ca](http://albertahealthservices.ca)

Native Counselling Services of Alberta – Aboriginal Parent Link – [ncca.ca](http://ncca.ca)

## **Associations/Societies/Support Groups**

Eating Disorder Support Network of Alberta – [edsna.ca](http://edsna.ca)

Light Up Your Life Tri-Community Palliative/Hospice Care Society – [lightupyourlifesociety.org](http://lightupyourlifesociety.org)

Alberta Health Services – Home Living Program – [albertahealthservices.ca](http://albertahealthservices.ca)

Child and Family Services Centre - <https://www.alberta.ca/childrens-services-offices.aspx>

ALS Society of Alberta North Region – [alsab.ca](http://alsab.ca)

Brain Care Centre – [braincarecentre.com](http://braincarecentre.com)

Canadian Cancer Society – [cancer.ca](http://cancer.ca)

The Canadian Foundation for the Study of Infant Deaths (CFSID) – [sidscanada.org](http://sidscanada.org)

CNIB – [cnib.ca](http://cnib.ca)

Edmonton Epilepsy Association – [edmontonepilepsy.org](http://edmontonepilepsy.org)

Multiple Sclerosis (MS) Support Group – [mssociety.ca](http://mssociety.ca)

Al-Anon – [al-anon.alateen.org](http://al-anon.alateen.org)

Grandparents as Parents – <http://albertaparenting.ca/>

Living with Loss to Suicide – [albertahealthservices.ca](http://albertahealthservices.ca)

Overeaters Anonymous – [oa.org](http://oa.org)

Parkinson Alberta – [parkinsonalberta.ca](http://parkinsonalberta.ca)

Postpartum Support Group – [albertahealthservices.ca](http://albertahealthservices.ca)

The Grieving Parents Society of Edmonton – [grievingparents.ca](http://grievingparents.ca)

Young Moms Support Group – [sprucegrove.org](http://sprucegrove.org)

Stony Plain FCSS – [stonyplain.com/fcss](http://stonyplain.com/fcss)

Spruce Grove FCSS – [sprucegrove.org](http://sprucegrove.org)

Yellowhead County FCSS– [yellowheadcounty.ab.ca](http://yellowheadcounty.ab.ca)

Wabamun FCSS– [wabamun.ca](http://wabamun.ca)

## **Disabilities/Special Needs**

AISH (Assured Income for the Severely Handicapped) - [humanservices.alberta.ca](http://humanservices.alberta.ca)

Association for Supported Community Connections (ASCC) – [asccsg.com](http://asccsg.com)

I Have A Chance Support Services Ltd. – [ihacss.com](http://ihacss.com)

## **Seniors Resources**

Heart to Home Meals – [hearttohomemeals.ca](http://hearttohomemeals.ca)

Parkland Food Bank Society – [parklandfoodbank.org](http://parklandfoodbank.org)

WECAN Food Basket Society – [wecanfood.com](http://wecanfood.com)

Good Samaritan Society – [gss.org](http://gss.org)

Meridian Foundation – <https://meridianhousingfoundation.ca/>

St. Michael's Grove Manor – [smhg.ca](http://smhg.ca)

Physical Culture Association of Alberta – [physicalculture.ca](http://physicalculture.ca)

Dementia Friendly Community – Health Link (Dementia Nurse) 811

Dementia and Alzheimer Support Group – 780-488-2266

Alzheimer Society – 1-800-616-8816

SAGE Seniors Association – [mysage.ca](http://mysage.ca)