

## **Family Services Resources in Edmonton**

### **Terra Centre**

- Support and options for parenting teens up to age 24: including childcare services, prenatal classes, help accessing subsidies and social services, and partnership with Braemar school.

Phone: 780-428-3772

Email: [terra@terracentre.ca](mailto:terra@terracentre.ca)

Website: [terracentre.ca](http://terracentre.ca)

In person: 9930 106th Street, Edmonton AB

### **City of Edmonton - Leisure Access Program**

- Subsidized infant and youth recreation services including mommy/tot classes or youth sports.

- Unlimited, free admission to participating facilities, 75% discount on registered programs

Phone: 780-496-4918

Email:

Website: [http://www.edmonton.ca/for\\_residents/programs/leisure-access-program.aspx](http://www.edmonton.ca/for_residents/programs/leisure-access-program.aspx)

In person: 14th floor CN Tower, 10004 - 104 Ave, Edmonton, AB

### **Public Health Centres in Edmonton**

- Offering prenatal classes, child health clinic, nutritional consult and many other classes or support.

Phone: Health Link Alberta: 1-866-408-5465

Website: <http://www.albertahealthservices.ca/services.asp?pid=service&rid=4811>

### **Child and Family Services - Edmonton**

- Range of support services to children, youth, adults and families within the City of Edmonton

Phone: 780-415-9619

Website: <http://www.edmontonandareacfsa.gov.ab.ca/publish/index.cfm>

In person: Central Office - 11714 95 Street, Edmonton, AB T5G 1L9

### **Respite Child Care - Edmonton**

- Subsidized or free child care in your area. Usually for short term but can also help with finding long term child care.

Phone: 780-422-2001

Website: <http://www.edmontonandareacfsa.gov.ab.ca/publish/583.cfm>

### **Child Care Subsidies Alberta**

- Assist in help with applications and getting the maximum subsidy you qualify for.

Phone: 780-644-9992

Website: <http://humanservices.alberta.ca/financial-support/15104.html>

\*Subsidized: lower cost or free services

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