

A Baby Guide to Calgary

Making the Most of Your Parental Leave

Quick Reference Contact Details

Poison Control Centre	944-1414	Open 24 hours
Emergency	911	Open 24 hours
Calgary Police	266-1234	Open 24 hours
Early Start Line	244-8351	Babies up to two months old.
Health Link	943-5465	
Children's Cottage Crisis Nursery	233-2273	
La Leche League	242-0277	
Distress Centre	266-1605	
Postpartum Support Line	205-5177	Monday to Friday: 9 a.m. - 4 p.m.
Women's Emergency Shelter	234-7233	
Telecare	266-0700	
Emergency Contact		
Emergency Phone Number:		
Family Doctor		
Doctor Phone Number:		
Dentist		
Dentist Phone Number		
Babysitter #1		
Babysitter #2		
Babysitter #3		
Community sales	Spring and Fall	www.babyguidetocalgary.com