

MEDICAL RESOURCES

AHS Transition Supports

Organization	Phone Number	Website
Family & Community Resource Centre (FCRC)	403-955-3272	http://fcrc.albertahealthservices.ca
Successful Transitions Coordinator <i>(Referral required)</i>	403-955-8964	
Transitional Youth Service (Child & Adolescent Addictions & Mental Health)	Call Access Mental Health @ 403-943-1500	www.albertahealthservices.ca/services.asp?pid=service&rid=1058141
Well on Your Way Youth in Transition Program	403-955-7252	http://fcrc.albertahealthservices.ca/transition
Youth Health Program <i>(Medical Referral Required)</i>	403-955-5955	

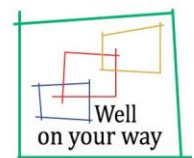
Supports for Physical Health

Organization	Phone Number	Website
Advance Care Planning		www.albertahealthservices.ca/advancecareplanning.asp
Calgary Adolescent Treatment Services (CATS)	403-237-5492	www.woodshomes.ca/index.php?page=calgary-adolescent-treatment-services
Canadian Paediatric Society – <i>Helping your teen with special health needs move to adult care</i>		www.caringforkids.cps.ca/growinglearning/SpecialNeeds.htm
Community Accessible Rehabilitation <i>(Medical Referral Required)</i>		www.albertahealthservices.ca/services.asp?pid=service&rid=1008956
Complex Chronic Disease Clinic <i>(Medical Referral Required)</i>	403-943-4131	
Find a Family Physician	Call Health Link 403-943-5465	www.needadoctorcalgaryandarea.ca www.cpsa.ab.ca
Health Link	403-943-5465 OR 1-866-408-5465	www.albertahealthservices.ca/223.asp
Home Care	403-943-1920	www.albertahealthservices.ca/services.asp?pid=service&rid=1571
Medication and Herbal Advice Line	1-800-332-1414	www.albertahealthservices.ca/5434.asp



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MEDICAL RESOURCES

Mobile – Calgary Lab Services (Referral Required)	403-770-3351	www.calgarylabservices.com/lab-patient/mobile-labs.aspx
My Health Alberta – <i>reliable health information relevant to Albertans</i>		https://myhealth.alberta.ca
Nurse Next Door – <i>Home Healthcare Services</i>	403-837-3767	www.nursenextdoor.com/home-care/calgary-ne-ab/
South Calgary PAP Clinic	403-254-2030	www.thesundanceclinic.com/pap-clinic.html
Teens Health – <i>reliable health information for youth & parents</i>		http://teenshealth.org/teen/ - for teens http://teenshealth.org/parent/ - for parents
The Alex Youth Health Centre	403-520-6270	www.thealex.ca/programs-services/health/youth-health/

Dental

Organization	Phone Number	Website
Dentistry & Oral Health		www.albertahealthservices.ca/services.asp?pid=service&rid=1781 www.albertahealthservices.ca/ps-1042857-dental-treat.pdf
22 Teeth	403-228-3384	www.albertahealthservices.ca/services.asp?pid=service&rid=1005815
Mobile – Dental Hygiene Service	403-589-0023	www.mobileqdh.com

Health Insurance

Organization	Phone Number	Website
Alberta Blue Cross Non-Group	310-0000 then 780-427-1432	www.health.alberta.ca/services/drugs-non-group.html
Alberta Health Care Insurance Plan	310-0000 then 780-427-1432	www.health.alberta.ca/health-care-insurance-plan.html
Prescription Drug Coverage in Canada		www.drugcoverage.ca

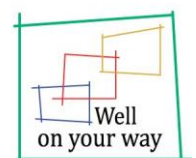
Medical Equipment /Supplies/Mobility Aids/Assistive Devices

Organization	Phone Number	Website
Alberta Aids to Daily Living (AADL)	310-0000, then 780-427-0731	www.health.alberta.ca/services/aids-to-daily-living.html
Braceworks	403-240-9100	www.braceworks.ca



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Calgary Home Health Care – Medical Supply Centres	403-252-2266 403-299-4488	www.calgarycoop.com/home_health
Medic Alert	1-800-668-1507	www.medicalert.ca
Motion Specialties (Calgary)	403-247-2222	www.motionspecialties.com/
Red Cross Medical Equipment Loan Service	403-273-4426	www.redcross.ca/what-we-do/health-services-in-canada/health-equipment-loan-program
Tetra Society of North America – Assistive devices (Calgary Chapter)	403-803-9214 or 1-877-688-8762	www.tetrasociety.org

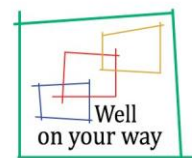
Mental Health & Addiction

Organization	Phone Number	Website
Access Mental Health	403-943-1500	www.albertahealthservices.ca/services.asp?pid=service&rid=2381
AHS Addiction & Substance Abuse Services	1-866-332-2322 (24 hr help line)	www.albertahealthservices.ca/services.asp?pid=service&rid=1008399
Arnika Centre (Medical Referral Required)	403-943-8367	www.albertahealthservices.ca/services.asp?pid=service&rid=1060552
Calgary Association of Self Help	403-266-8711	www.calgaryselfhelp.com/
Calgary Eating Disorder Clinic (Referral Required)	403-955-7700	www.albertahealthservices.ca/services.asp?pid=service&rid=1018201
Canadian Mental Health Assoc – Connecting you with resources in Calgary & area		http://calgary.cmha.ca/mental-health/find-help/community-resources/
Distress Centre	403-266-4357	www.distresscentre.com
Healthy Transitions (Child and Youth Health Network of Eastern Ontario)		http://child-youth-health.jimdo.com/english/publications-and-resources/healthy-transitions/
Hull Child & Family Services – Bridging the Gap	403-216-0660	www.hullservices.ca/btg.aspx
Mental Health Help Line	1-877-303-2642	www.albertahealthservices.ca/services.asp?pid=service&rid=6810



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Self Advocacy & Self Management

Organization	Phone Number	Website
AB Children's Hospital Outpatient Pharmacy	403-955-7303	
Be Your Own Boss (BYOB)	403-943-1658 (Calgary)	www.albertahealthservices.ca/services.asp?pid=service&rid=1031355
Better Choices, Better Health – Self-Management Workshop	403-943-2584	www.albertahealthservices.ca/3862.asp
Living Well with a Chronic Condition	403-943-2584	www.albertahealthservices.ca/services.asp?pid=service&rid=1005671
Footprints for the Future – <i>A tool for recording important information</i>		http://theemarc.org/footprintsforthefuture184.html
“It’s Okay To Ask”		www.hqca.ca/assets/pdf/Health%20Report%2009/HQCA_It's_Okay_to_Ask.pdf
“My Health Passport”		www.sickkids.on.ca/myhealthpassport
Advance Care Planning Resources		www.albertahealthservices.ca/3917.asp
Talking with your Doctor		http://ichp.ufl.edu/research/videos/
Transition Publications available from Washington State Dept of Health		http://here.doh.wa.gov/materials/life-health-way
“You Can Control Your Asthma!”		www.ucalgary.ca/icancontrolasthma

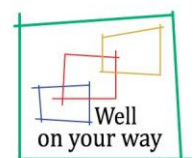
Sexual Health

Organization	Phone Number	Website
AHS Sexual and Reproductive Health – Clinical Services (Calgary)	403-955-6500	www.albertahealthservices.ca/facilities.asp?pid=saf&rid=1040105
AHS Sexual and Reproductive Health – Education (Calgary)	403-955-6515	www.albertahealthservices.ca/facilities.asp?pid=saf&rid=1040152
AHS Sexually Transmitted Infection Clinic	403-955-6700	www.albertahealthservices.ca/facilities.asp?pid=saf&rid=1039203
Calgary Outlink: Centre for Gender & Sexual Diversity	403-234-8973	http://calgaryoutlink.ca/
Calgary Sexual Health Centre	403-283-5580	www.calgarysexualhealth.ca
Canadian Association for Adolescent Health		www.youngandhealthy.ca



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Chlamydia resource		www.prevent.org/NCC
Planned Parenthood		www.plannedparenthood.org
Puberty 101		www.puberty101.com
Sexuality & Disability: A Guide for Parents		www.tascc.ca/wp-content/uploads/2010/11/Parent_Resource_Package_2009.pdf
Sexuality Information, Education & Support		www.sexualhealth.com
Society of Obstetricians & Gynecologists of Canada – Sexuality and U		www.sexualityandu.ca
Talking About Sexuality in Calgary Communities – Ages & Stages		www.tascc.ca/sexuality-topics/ages-stages
Talking About Sexuality in Calgary Communities – Resources		www.tascc.ca/resources/kits-tools
Teaching Sexual Health		www.teachingsexualhealth.ca
Won't Get Weird		www.wontgetweird.net/