

Calgary Health Region Parent Drop In

The Parent Drop-In is a service offered weekly at our Community Health Centres for families with babies two months of age and older. It's a chance to meet with a Community Health Nurse and other parents.

At Parent Drop In, you can get health information about:

- adjusting to parenthood
- breastfeeding
- choosing quality childcare
- communicating with your baby
- healthy eating for the whole family
- infant feeding
- recreational opportunities
- sleep
- soothing your crying baby
- the health and care of your baby
- typical childhood growth and development
- vaccinations

Parents are welcome to weigh and measure their child. A Community Health Nurse is available if you have any questions.

Sessions are offered weekly. Call Calgary Health Link for times and locations that are convenient for you.

Calgary Health Link

943-LINK (5465) Calgary and area
1-408-LINK (5465) toll free

24 hour nurse advice and health information