

A NEW HEALTH CENTRE IN EAST CALGARY

The East Calgary Health Centre (ECHC) is the new health centre that opened in East Calgary in May, 2010. This health centre replaces the Forest Lawn Community Health Centre and East Community Health Centres, and some other programs that were located at Centre 15, Sunridge Mall and the Sunridge Professional Building.

Q: Where is East Calgary Health Centre located?

A: East Calgary Health Centre is located at 4715–8th Ave SE, across the street from the Forest Grove Care Centre and down the street from the Forest Lawn Library.



Q: What is the reason to have one health centre in East Calgary?

A: The goal of Alberta Health Services is to create a health system that is focused on the patient, and is accessible and sustainable to all Albertans. This East Calgary Health Centre now has many community-based services in one place in this part of the city.

Q: What kind of services would be available to parents at the Centre?

A: At the East Calgary Health Centre, parents can bring their children in for vaccinations, well baby clinics, breastfeeding clinics, school health, and many other programs. Also, pregnant women can be connected with a nurse, social worker and nutritionist to get help during their pregnancy. This is called the Best Beginnings program.

Q: What are some health services that will be offered at the Centre for children?

- Oral Health Services: Offers oral health assessments and prevention services for children. It is a school-based services to improve the oral health of school-age children, as well as children under 5 years of age.
- Asthma Services: Offers assessment, education, and healthcare planning to help children manage their asthma better.
- Speech-Language Services: Offers assessment and treatment for preschool (0–5 years) and school-aged children (grades 1 and up) who are having trouble communicating because of speech and language problems. The service works with families and school staff to improve a child's speech and language skills. Parents can call 403-955-1300 for the services.

Q: What are some health services that will be offered at the Centre for pregnant women?

- Postpartum Community Services: New mothers and newborns can visit the clinics at East Calgary Health Centre and/or be visited by a public health nurse in their home. The public health nurse provides breastfeeding support, follow-up for very low birth weight newborns, jaundice screening, and health promotion and injury prevention.

Parents can receive parent education, social work support, and referral to many community agencies

- Prenatal Services: Families expecting a baby in Calgary can get support and education. Best Beginning program is a part of prenatal services, and pregnant women who are low income can access many resources through this program. Education classes are also available for pregnant women or new moms. Perinatal educators offer classes in English, Hindi, Urdu, Punjabi, Arabic, Spanish, Cantonese and Mandarin.

Q: What are some health services that will be offered at the Centre for general public?

- Chronic Obstructive Pulmonary Disease (COPD) & Asthma: A program for adults with asthma, COPD, chronic cough, and smokers.
- Chronic Disease Management: Helps adults living with diabetes, heart conditions, high blood pressure, mental health issues, migraines, and other ongoing conditions.
- Living Well: Helps adults with chronic conditions live the healthiest lives they can through supervised exercise classes, healthy living, disease-specific education, and self-management workshops. Have dieticians in multiple languages and offer counselling services to people with chronic conditions. You can self refer and enrol by calling 403-943-2584.
- Addiction and Mental Health Services: Assesses and treats children, adults, seniors, and families having mild to severe mental health and/or addiction problems. A referral from a physician required.
- Public Health: Offers baby, child and adult vaccinations, Well Baby Clinics, lactation consultation, health promotion, injury prevention, school health programs and community development.
- Sexual Health: Offers birth control counselling and prescriptions, sexually transmitted disease testing and treatment, and pregnancy options counselling and referral.

Q: Do I need to book an appointment to come to the East Calgary Health Centre?

A: Yes. To make an appointment with for the health service you want, please call 403-955-1000. East Calgary Health Centre also offers parent and baby drop-in health services through the Public Health and Best Beginnings program. No appointments are needed for these programs. For more information, please call 403-955-1000.

Q: Will there be free interpretation services when we use services in the Centre?

A: Yes. If you want to use the free over the phone interpretation service because you are having a hard time explaining in English, you can say ‘I speak (your language)’ and your health care professional will try to arrange an over-the-phone interpreter for you.

Q: Where can I get more information about East Calgary Health Centre?

A: If you would like more information about East Calgary Health Centre and the services it offers, please phone 403-955-1000. Or speak to a nurse 24 hours a day, seven days a week by calling: Alberta Health Link toll free at 1-866-408-LINK (5465). Mandarin Health Link Calgary at 403-943-1554, Cantonese Health Link Calgary at 403-943-1556.

Source: Written by Erin Martinez, Communications, Alberta Health Services- Calgary zone.

If you want to read any of the previous ‘Road To Healthy Living’ series articles, please go to http://www.calgaryhealthregion.ca/programs/diversity/multilingual_health_services.htm and get health information in your own language