

## **PARENTING**

### **CAMROSE FAMILY RESOURCE CENTRE - A PARENT LINK CENTRE**

#3, 4516-54 St., Camrose, T4V 4W7

**Phone: 780-672-0141** Fax: 780-672-2833

cdss8@telus.net

[www.camrosefrc.com](http://www.camrosefrc.com)

Hours: 8:30-4:30 Monday - Friday, Saturdays

10:00am-2:00pm. Hours may vary due to

programming. Call the Centre for more information.

Includes: Indoor Pre-School Playground, Play Group, Resource Library, Triple P Parenting Program, P.L.A.Y. van for rural outreach, Family Support Services. Provides formal & informal educational programs for parents, children and families to strengthen and support the family unit. CFRC is a program of CDSS.

### **LA LECHE LEAGUE**

**Phone: 780-672-9389**

[www.lllc.ca](http://www.lllc.ca)

Hours: Mtgs. 2nd Wed. of every month at 7:00 p.m.

Please call to confirm. Women and babies welcome.

Fees: None

Offers information and encouragement through mother-to-mother support for women interested in breastfeeding and parenting. Accredited volunteer leader available for telephone help. Monthly meetings give women an opportunity to share their joys, questions and concerns with a knowledgeable leader and experienced mothers. Extensive library on subjects such as pregnancy, birth, breastfeeding, weaning, nutrition, parenting and much more.

### **T.I.P.S. (TEACHING INDEPENDENCE AND PARENT SUPPORT)**

4604 - 57 St., T4V 2E7

**Phone: 780-672-0257** Fax: 780-672-7484

ahillaby@cafcl.org

[www.cafcl.org](http://www.cafcl.org)

Hours: Mon. through Fri: 8:30 - 4:30, Closed for lunch 12:00 - 1:00 pm

**T.I.P.S.** is a preventative program promoting independence, parenting skills and good nutrition for pregnant women and families with preschool children facing multiple barriers. Information on parenting, pregnancy, labour and delivery, nutrition, breastfeeding, child development is provided through: Home Visitation, Community Kitchen, Parenting classes, Parent & Child activities. Program also provides referrals and support to access other resources.

**PCAP:** TIPS also operates the Parent Child Assistance Program (PCAP) in partnership with the Prairie Central FASD Network, which addresses prevention/early support needs of pregnant women and/or mothers of infants.