



FRFP is committed to creating collaborative partnerships and relationships within the community while building capacity and quality in child care programs.

www.frfp.ca

FCRC

Family & Community Resource Centre

Our Family Services aim to create a comfortable and friendly place at the Alberta Children's Hospital for families, healthcare professionals and community members to access credible health information, community resources and individualized supports.

<http://frc.albertahealthservices.ca/>



Family and Community Support Services (FCSS) partners with more than 100 social service program providers in Calgary. The programs they offer address a wide range of issues, such as improving parenting skills, reinforcing positive child and youth development, increasing adult personal capital, strengthening positive social ties for vulnerable Calgarians and creating stronger neighbourhoods.

www.calgary.ca/fcss

Families Matter

Families Matter provides parenting education resulting in healthy child development and confident and competent parents who are connected within their communities.

www.familiesmatter.ca



Find awesome family friendly events here!

www.familyfuncanda.com/calgary

Calgary Recreation

The City of Calgary Recreation offers drop in fitness opportunities, registered programs, and plenty of events and festivals all year long. From swimming and skating to arts programs and day camps, we've got more than you think!

www.calgary.ca/CSPS/Recreation



Human Services has a number of programs and services that support families and communities. Look for information on child care and subsidy, bullying, parenting and more.

www.child.alberta.ca

MyHealth.Alberta.ca

This site was built by the Alberta Government and Alberta Health Services to give Albertans one place to go for health information they can trust. Healthcare experts across the province make sure the information is correct, up to date, and written for people who live in Alberta.

www.myhealth.alberta.ca

211 Alberta

211 is here to help you find the right community and social services. You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

www.ab.211.ca

Health Link

This service provides:

- 24/7 telephone nurse advice and general health information for Albertans
- Information on diseases treatments, staying well, and health care services.

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