

AHS Pediatric Nutrition Information & Services in Calgary Zone

HEALTH LINK

Parents speak with Health Link Nurses and if unable to address nutrition questions will put call through to the Registered Dietitian at Health Link.

Focus is on general nutrition questions for infants and children without therapeutic needs.

Toll Free Call 1-866-408-LINK (5465)

FEEDING YOUR BABY CLASS

Single event group education class for parents of infants 0-12 months.

Facilitated by a Registered Dietitian.

Focus is on infant nutrition needs and appropriate feeding.

Not suitable for children with therapeutic nutrition needs.

Self Referral @ www.birthandbabies.com or call 403-955-1450

PICKY EATING CLASS

Single event, group education class for parents of healthy children ages 1-5 years who have feeding questions or mealtime challenges.

Facilitated by a Registered Dietitian.

Focus is on toddler nutrition needs and appropriate feeding.

Not suitable for children with complex feeding difficulties.

Self Referral @ www.birthandbabies.com or call 403-955-1450

MEND = Mind, Exercise, Nutrition, Do It!

FREE ten week programs for children ages 2-4 years, 5-7 years or 7-13 and their families.

Focus is on healthy eating, active living and behaviour change.

Self Referral by calling 1-866-408-LINK (5465)

PEDIATRIC WEIGHT MANAGEMENT SERVICES:

For children ages 2-17 years with BMI-for-Age >85%ile.

Option 1. Nutrition Counselling (Dietitian)

Option 2. Pediatric Centre for Weight & Health (PCWH) - for children with co-morbidities and/or require intensive multidisciplinary programming.

Referral required from Physician or Nurse Practitioner

Referral form @ www.albertahealthservices.ca/8358.asp

Or call AHS Central Access (p) 1-877-414-2665 (f) 1-866-979-3553