



CALGARY ZONE

ZONE STATS...

- Population** 1.4 M
- Life Expectancy** 82.9 years
- Hospitals** 13
- Physicians** 2,857
- AHS Employees** 36,488
- Volunteers** 4,263
- Meals Served** 4.5 M per year
- Size** 39,300 km² or approximately five times the size of P.E.I.

DID YOU KNOW...

- 14 new neonatal intensive care beds will open at Alberta Children's Hospital (ACH) by October 2013, specializing in complex neonatal patients who require consults from multiple services at ACH.
- The South Health Campus will be fully operational in late 2013 and will have 2,400 full-time equivalent staff, approximately 180 physicians, 269 inpatient beds, 11 operating

rooms and will service 200,000 outpatient visits and perform 2,500 births every year.

- AHS is significantly expanding continuing care and will add 350 beds in the Calgary Zone by the end of 2013.
- The Foothills Medical Centre in Calgary is the largest tertiary hospital in Canada, with more than 1,000 inpatient beds.



ALPHABETICAL LISTING OF SERVICES BY COMMUNITY • CALGARY ZONE

For more information about health care options, programs and services, contact your local facility at the numbers provided below. Many programs and services, such as Addiction & Mental Health and Public Health, are available through your local health centre.

AIRDRIE

- Airdrie Mental Health Clinic**
Addiction & Mental Health 403-948-3878
- Airdrie Regional Health Centre**
Community Health Services 403-912-8400
Urgent Care (8:00 a.m. – 10:00 p.m.) 403-912-8500
Urgent Mental Health Services 403-912-8520

BANFF

- Banff Community Health Centre** 403-762-2990
Addiction & Mental Health 403-762-4451
Community Health Services 403-762-2990
- Banff Mineral Springs Hospital (Covenant)** 403-762-2222
(24-Hour Emergency Department)

BLACK DIAMOND

- Oilfields General Hospital** 403-933-2222
(24-Hour Emergency Department)
- Addiction & Mental Health 403-933-3800
Community Health Services 403-933-6505

CALGARY

- Acadia Community Health Centre** 403-944-7200
- Alberta Children's Hospital** 403-955-8818
(24-Hour Emergency Department)
- East Calgary Community Health Centre**
Community Health Services 403-955-1250
North Hill Community Health Centre 403-944-7400
Village Square Community Health Centre 403-944-7000
- East Calgary Family Care Clinic** 403-955-1400
- Foothills Medical Centre** 403-944-1110
(24-Hour Emergency Department)
- Peter Lougheed Centre** 403-943-4555
(24-Hour Emergency Department)
- Rockyview General Hospital** 403-943-3000
(24-Hour Emergency Department)
- Shaganappi Community Health Centre** 403-944-7373
- Sheldon M. Chumir Health Centre** 403-955-6200
Addiction & Mental Health 403-955-6200
Community Health Services 403-955-1250
Urgent Care (24 hours) 403-955-6200
- South Calgary Health Centre** 403-943-9410
Addiction & Mental Health 403-943-9300
Community Health Services 403-943-9500
Urgent Care (8:00 a.m. – 10:00 p.m.) 403-943-9300
- South Health Campus** 403-956-1111
(24-Hour Emergency Department)
- Thornhill Community Health Centre** 403-944-7500
- Tom Baker Community Cancer Centre** 403-521-3723

CANMORE

- Canmore Community Cancer Centre** 403-678-5536
- Canmore Community Health Centre** 403-678-5656
Canmore Community Health Services 403-678-5656
- Canmore General Hospital** 403-678-5536
(24-Hour Emergency Department)
- Bow Valley Mental Health Clinic**
Addiction Services 403-678-3133
Mental Health 403-678-4696

CHESTERMERE

- Chestermere Health Centre**
Addiction & Mental Health 403-207-8773

CLARESHOLM

- Claresholm Centre for Mental Health & Addictions** 403-682-3500
- Claresholm Community Health Centre**
Community Health Services 403-625-4061
- Claresholm General Hospital** 403-682-3700
(24-Hour Emergency Department)
- Claresholm Mental Health Clinic**
Addiction & Mental Health 403-625-4068
Lander Treatment Centre 403-625-1395

COCHRANE

- Cochrane Community Health Centre**
Addiction & Mental Health 403-851-6111
Community Health Services 403-932-8700
Urgent Care (8:00 a.m. – 10:00 p.m.) 403-851-6000

DIDSBURY

- Didsbury District Health Services** 403-335-9393
(24-Hour Emergency Department)
- Addiction & Mental Health 403-335-7285
Community Health Services 403-335-7292

HIGH RIVER

- High River Addiction & Mental Health Clinic**
Addiction & Mental Health 403-652-8340
- High River Community Cancer Centre** 403-652-2200
- High River General Hospital** 403-652-2200
(24-Hour Emergency Department)
- High River Public Health Centre**
Community Health Services 403-652-5450

NANTON

- Nanton Community Health Centre**
Addiction & Mental Health 403-646-2218
Community Health Services 403-646-2218

OKOTOKS

- Okotoks Health & Wellness Centre**
Addiction & Mental Health 403-955-2712
Community Health Services 403-955-6200
Urgent Care (8:00 a.m. – 10:00 p.m.) 403-995-2600

STRATHMORE

- Strathmore District Health Services** 403-361-7000
(24-Hour Emergency Department)
- Strathmore Mental Health Unit**
Addiction & Mental Health 403-361-7277
- Strathmore Public Health Unit**
Community Health Services 403-361-7200

VULCAN

- Vulcan Community Health Centre** 403-485-3333
(24-Hour Emergency Department)
- Community Health Services 403-485-2285
Mental Health Services 403-485-2285

CONTINUING CARE FACILITIES

Continuing Care facilities listed here are operated by Alberta Health Services. AHS, along with other service providers, offers to ensure a broad range of continuing care options are available throughout the province. If you require continuing care, please contact your local home care office for facilities and services available in your area.

WITHIN CALGARY:

- Colonel Belcher Care Centre** 403-944-7800
- Dr. Vernon Fanning Centre** 403-230-6900
- Garrison Green** 403-944-0100
- George Boyack** 403-267-2750
- Rouleau Manor** 403-943-9850
- Royal Park** 403-240-7475
- Sarcee** 403-686-8100
- Signal Pointe** 403-240-7950

RURAL FACILITIES:

- Didsbury District Health Services** 403-335-9393
- High River General Hospital** 403-652-2200
- Oilfields Hospital, Rising Sun Long Term Care Unit, Black Diamond** 403-933-2222
- Vulcan Continuing Care Services** 403-485-3333
- Willow Creek Continuing Care, Claresholm** 403-625-3361
- Canmore General Hospital, Golden Eagle Long Term Care Unit,** 403-678-5536

IMPORTANT NUMBERS

ADDICTION SERVICES HELP LINE (24 HOURS)
1-866-332-2322

ALBERTA QUILTS HELPLINE (8:00 AM-8:00 PM)
Tobacco 1-866-710-7848

COMMUNITY CARE ACCESS (24 HOURS)
403-943-1920 (Central Intake) Offers a single point of access for community and home care services. Staff are available 24 hours a day, 7 days a week to provide screening and referral services. Community Care Access handles calls from Home Care clients after regular business hours.

EMERGENCY SERVICES (24 HOURS)
Ambulance/Fire/Police 911

HEALTH LINK ALBERTA 24/7 HEALTH ADVICE
1-866-408-LINK (5465)

MENTAL HEALTH HELP LINE (24 HOURS)
1-877-303-2642

POISON AND DRUG INFORMATION SERVICE / MEDICATION AND HERBAL ADVICE LINE (24 HOURS) 1-800-332-1414

PRIMARY CARE NETWORKS

Many family physicians in Alberta are part of a Primary Care Network (PCN). A PCN generally includes a group of family doctors working together with a team of other health professionals such as nurses, nurse practitioners, dietitians and pharmacists to provide care to a defined group of patients.

Services offered by some PCNs might include complex chronic disease support and clinics for patients who are not attached to a family doctor. Some PCNs also provide after-hours options. Today, Alberta has 40 Primary Care Networks and more in development.

BOW VALLEY PCN 403-675-3000 (also serving Banff, Canmore, Exshaw, Morley)

CALGARY RURAL PCN 403-999-1587 (serving Black Diamond, Bragg Creek, Chestermere, Claresholm, Eden Valley a community of the Stoney First Nation, High River, Lake Louise, Nanton, Okotoks, Siksika First Nation, Strathmore and Vulcan)

CALGARY WEST CENTRAL PCN 403-258-2745

CALGARY FOOTHILLS PCN 403-284-3726 (serving Northwest Calgary and Cochrane)

SOUTH CALGARY PCN 403-256-3222

MOSAIC PCN 403-250-5059 (serving East Calgary)

HIGHLAND PCN 403-206-7027 (serving Airdrie, Carstairs, Crossfield, Didsbury and surrounding areas)

KNOW YOUR OPTIONS...

When you need health care, you have many options. Knowing your options will help you get the care that's best for you when and where you need it. Each community in Alberta offers a range of health care services and programs.

Find out what Alberta Health Services offers in your local area and how you can improve and support your health.

WHERE CAN YOU GO FOR HEALTH INFORMATION?

- Call **Health Link Alberta** at 1-866-408-LINK (5465) for health advice and information through a toll-free phone number to all Albertans. Access is 24-hours, 7-days a week and support is provided by experienced registered nurses and other health care professionals.
- Visit **albertahealthservices.ca** to find out up-to-the-minute information about health care in Alberta.
- Download the **AHS App** to carry AHS services and information at your fingertips.
 - Find **estimated wait times** at emergency departments and urgent care centres in Calgary and Edmonton at **albertahealthservices.ca/emergencywaittimes.ca**
- Find AHS facilities and services in your area with the **Health Care Locator** at **albertahealthservices.ca/FacilitySearch** or the AHS mobile app for iPhones and Android phones.
- Go to **MyHealth.Alberta.ca** for trustworthy health information and useful health tools.
- Call **PADIS** (Poison and Drug Information Service) at 1-800-332-1414 for free, confidential poison, chemical, medication and herbal advice.
- This **map** shows health care services by community. Maps are available across Alberta in AHS facilities in each zone.
- Follow us on Twitter. For information and news for Calgary Zone residents, follow us at **https://twitter.com/AHS_YYC Zone**

HEALTH CARE mapping out in your community



IMPORTANT CONTACTS

HEALTH LINK
Toll-free: 1-866-408-LINK (5465)

AHS ONLINE
www.albertahealthservices.ca is your online source for health care information, services, news and more. Check us out!

WHAT'S RIGHT FOR YOU?

Alberta Health Services offers programs and services at over 400 facilities throughout the province, including hospitals, clinics, continuing care facilities, mental health facilities and community health centres. Our skilled and dedicated health professionals promote wellness and provide health care every day to approximately 3.8 million Albertans.

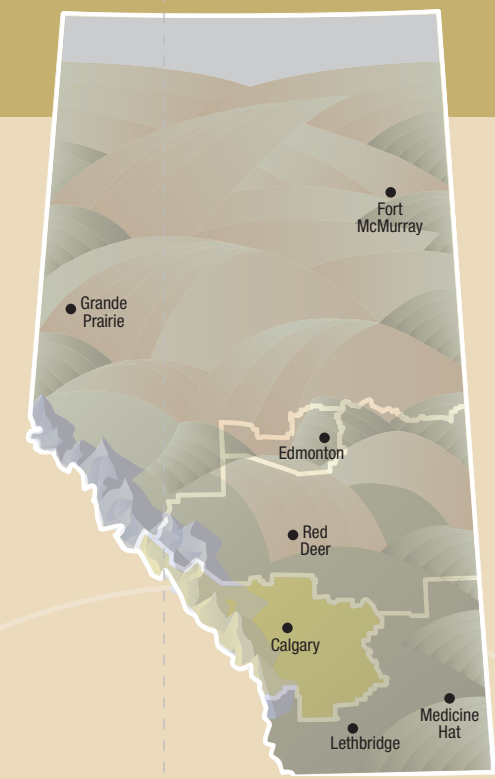
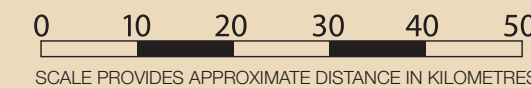
Get the health care that's right for you, in your community!



ALBERTA HEALTH SERVICES CALGARY ZONE

LEGEND OF SERVICES

-  **Emergency Departments.** 24-hour care – If you are concerned that you are seriously ill or injured, go to the nearest emergency department. **Patients with potentially life-threatening conditions should immediately phone 911.**
-  **Urgent Care Centres.** Urgent care centres provide extended hours access for unexpected but non-life-threatening health concerns that require same day or evening treatment. Patients coming to urgent care centres may arrive on their own, or be transported there by ambulance. **Urgent Care may only offer limited hours. Please check with your local facility to confirm hours of operation.**
-  **Emergency Limited Hours.** These communities have emergency health care services available within limited hours. Please contact the facility in your community to confirm the hours for emergency care. Please refer to the back of this map for contact numbers in your community.
-  **Hospitals.** These are AHS and AHS partner facilities for treating urgent, complex or other health needs on an inpatient basis. Some sites may provide hospital care, continuing care or community health care from one site, called a Health Centre. (Partner facilities are denoted in brown.)
-  **Community and Public Health Services.** These facilities provide a wide range of health services which may include prenatal, postpartum, health promotion/disease and injury prevention, bereavement services, communicable disease and school health, and many other community care, public health and wellness programs.
-  **Primary Care Networks.** Many family physicians in Alberta are part of a Primary Care Network (PCN) – a group of family doctors working together with a team of other health professionals such as nurses, dietitians and pharmacists to provide care to a defined group of patients.
-  **Addiction and Mental Health Services.** These facilities and programs are for the treatment and care of people with mental health or addiction challenges.
-  **Cancer Care Centres.** AHS offers a variety of programs, services and facilities that work with those affected by cancer, as well as provide programs to help Albertans reduce their risk of developing cancer. For more information on the services available in your community, call the Tom Baker Cancer Centre (in Calgary) at 403-521-3723.
-  **Continuing Care.** These are AHS or AHS partner sites offering long term and/or supportive living options in this community.



 **If you are experiencing a life-threatening emergency, call 911** or go immediately to the nearest emergency department.

OTHER HEALTH CARE OPTIONS

-  **Health Link Alberta.** A free, round-the-clock, telephone advice and health information service. Toll free: 1-866-408-LINK (5465).
-  **Family Doctors.** Your best option for medical care and continuity. They can diagnose and treat most medical issues, provide periodic health exams, supervise chronic illness and mental health issues, provide referrals to other medical consultants and specialists, if needed.
-  **Walk-In Clinics.** If you don't have a family doctor, some communities have walk-in clinics that often don't require an appointment. Walk-in clinics are staffed by family physicians. Many have extended hours into evenings and weekends, providing another option for after-hours care.
-  **Pharmacists.** Offer a wide range of services that can help you and your family maintain good health and avoid emergency situations.
-  **Specialized Programs and Services.** There are many other health care programs and services available for various health care needs, such as public and community health centres, cancer clinics, physiotherapy, and more. You can call Health Link at 1-866-408-LINK (5465) or your local community health centre to find out what's available in your area.
-  **X-ray and Diagnostic Imaging Clinics.** You may be sent to have procedures such as X-rays, MRIs and other types of scans done.
-  **Labs.** Labs are facilities where you may be sent to have blood, urine or other samples taken.
-  **MyHealth.Alberta.ca.** You can go to this single website for trustworthy health information and useful health tools.

CONTINUING CARE

Continuing Care provides a range of health services to support the health and wellness of individuals, including home care, supportive living and long-term care. Access to continuing care services is available through Home Care Programs within communities. Our goal is to support seniors and adults with disabilities to remain in their own homes and communities for as long as their abilities allow. AHS is working to provide a variety of living options with different levels of health support to ensure that care is received in the right place, at the right time. To find out more about the options available in your community, call your local Home Care office or visit www.albertahealthservices.ca/5198.asp

HEALTH ADVISORY COUNCILS

Health Advisory Councils (HACs) are focused on one thing: listening to your thoughts and ideas on health care in Alberta. The Prairie Mountain Health Advisory Council is located in the Calgary Zone. The council's role is to act as a channel for information and feedback sharing, and provide advice to Alberta Health Services. For more information about the councils, please visit www.albertahealthservices.ca/hac.asp

FOUNDATIONS AND TRUSTS

Local health foundations and health care auxiliaries work in your communities, raising funds to improve health care delivery where you live. To support your local foundation, call 403-943-2949, or visit www.albertahealthservices.ca/give