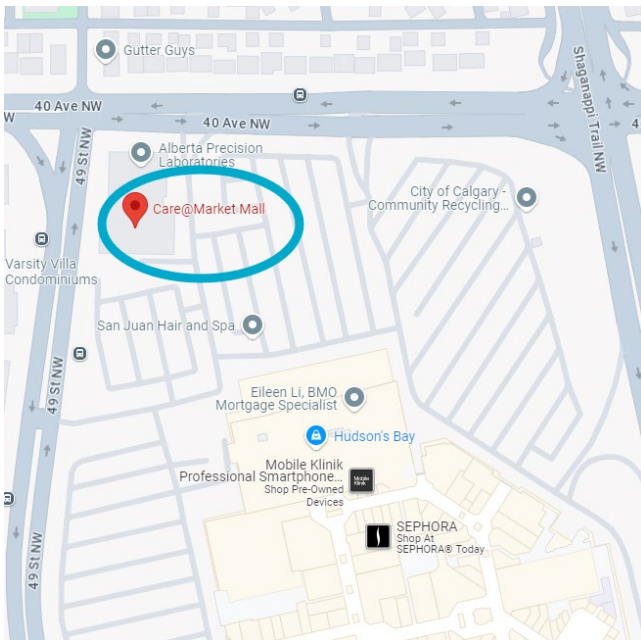


Low Risk Maternity Care

Welcome to Low Risk Maternity Care! We are a group of experienced family physicians and midwives providing low risk maternity care in NW Calgary. We are honoured that you have chosen us to care for you through your pregnancy and birth.

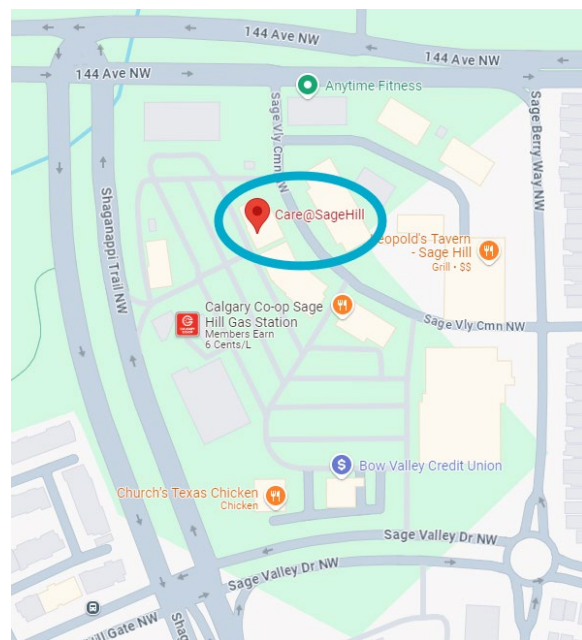
Low Risk Maternity Care was founded in 1990 and provides high quality pregnancy, birth, and postpartum care. For the last 15 years, we have been part of the Riley Park Maternity Clinic which was hosted by the Calgary Foothills Primary Care Network (CFPCN). In 2024 we partnered with Care Medical at 2 convenient locations.



Low Risk Maternity Care@Market Mall

Market Mall Professional Centre

#300-4935, 40th Ave NW, Calgary, AB T3A 2N1



Low Risk Maternity Care@Sage Hill

Sage Hill Quarter

#202, 251 Sage Valley Common NW, Calgary, AB T3R 1T8

Phone: 587-619-7900, option 3

Fax: 587-387-7205

Website: www.lowriskmaternityclinic.ca

Parking is FREE!

Please plan for your first appointment to take approximately 1 hour. Prior to this first appointment, you will receive a phone call from the CFPCN Prenatal Nurse to review your medical history.

Please note that we provide birth care at the **Foothills Medical Center**, Unit 51. Please note that our midwives do not provide home birth options at this time.

- If you have questions, you can call our clinic between the hours of 9 am – noon and 1 – 4 pm from Monday through Friday or connect with us through the patient portal – AvaConnect.
- If you are **less than 12 weeks pregnant** and have an urgent concern, please call Health Link at 811 and arrangements may be made for you to see a doctor at Access 365 Clinic, the maternity clinic or the emergency department. You can call our doctor on call at 403-212-8223 pager #7262.
- If you are **more than 12 weeks pregnant** and have an urgent concern, you can go to the Labour and Delivery unit on the 5th floor of the Foothills Medical Centre at any time.
- In the event of an **EMERGENCY** please call 911 or present to the nearest hospital as soon as possible.

We are linked members of the Calgary Foothills Primary Care Network (www.cfpcn.ca) and can provide our patients access to additional services, such as a perinatal case management nurse, perinatal mental health supports, community social workers, and a dietitian.

We are also affiliated with Ensemble Healthcare (www.ensemblehealthcare.ca), which is conveniently located down the hall from our Market Mall location. Ensemble specializes in prenatal and postpartum care and offers access to the following ancillary healthcare practitioners:


- | | |
|-------------------------------|----------------------------|
| • Pediatrician | • Counselling |
| • Pelvic health physiotherapy | • Infant Sleep Consultant |
| • Osteopathy | • Postpartum group support |

We are thrilled to welcome the Well Fed West Lactation Clinic to our village, who is relocating next door to our Market Mall location in early June 2025. Visit www.wellfedclinic.com for more information.

Resources:

- www.healthyparentshealthychildren.ca by Alberta Health Services. This is an excellent source of information in pregnancy and postpartum.
- www.birthandbabies.com can connect you with **prenatal classes** offered through Alberta Health Services. You can also register by calling 403-955-1450.
- www.MothertoBaby.org is a good resource to check the **safety of products and medications** in pregnancy and breastfeeding, including phone numbers and a live chat to connect with an expert if you have specific questions.
- www.pregnancyinfo.ca is produced by the Society of Obstetricians and Gynecologists of Canada (SOGC) and contains a wealth of information about pregnancy and delivery.

We look forward to getting to know you!

 *Low Risk Maternity Care*