



When to Seek Support:

Using prescription opioid medications or other substances at any point during pregnancy can have risks. If you could become pregnant, are thinking about getting pregnant, or as soon as you are aware that you are pregnant, it is important to talk to your doctor or mental health professional.

Contact Information

For more information about this service please contact and discuss with your doctor, mental health professional or community services provider if this program is right for you.

For Addiction Counselling:

➤ **Enhanced Services for Women Program**
Phone: 403.340.5466

➤ **Mental Health Helpline**
Phone: 1.877.303.2642

➤ **Addiction Helpline**
Phone: 1.866.332.2322

For Virtual Opioid Dependency Program:

➤ **VOPD**
Phone: 1.844.383.7688

Central Zone Women &
Children's Health
Services
APPROVED 20221206

Substance Use in Pregnancy

EMBRACE Program

Red Deer, Alberta & Central Zone





Empower Mothers and Families

Mentorship

Building Healthy Relationships

Respect

Actively Listen and Learn

Collaboration

Engagement



“You can be the treatment for your baby. You are the one who is going to make this better, and you have everything your baby needs”

What We Offer:

Pregnant women with substance use concerns need care for both their pregnancy and their addiction. The EMBRACE program is for women dependent on opioids or other substances in pregnancy. Expectant mothers are supported to safely navigate their pregnancy, birth/delivery and recovery with the help of a supportive non-judgmental team.

Early treatment is important for moms and their babies. During pregnancy a baby exposed to drugs or medicines puts them at risk for infant withdrawal, also known as Neonatal Abstinence Syndrome (NAS) or Neonatal Opiate Withdrawal Syndrome (NOWS).

After your baby is born, we will do our best to provide a quiet and calm environment in the hospital for you and your baby. Our goal at the Red Deer Regional Hospital Centre is to keep mothers and babies together as much as possible. If you need additional support while in the hospital our trained volunteer baby cuddlers will support you in keeping your baby comfortable.

The EMBRACE program goes beyond pregnancy and delivery with ongoing counseling offered to help new moms navigate their transition into motherhood at any stage of their pregnancy.

We hope to work together with you to care for and comfort, you and your baby.

