



When to Seek Support:

Using prescription opioid medications or other substances at any point during pregnancy is common. 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 questions about the program please email:
embrace.program@albertahealthservices.ca

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 Opioid Dependency Programs:

» **VODP (Virtual)**
Phone: 1.844.383.7688

» **Red Deer Opioid Dependency Program**
Phone: 403.314.5632

Central Zone Women &
Children's Health
Services
January 22, 2024

Substance Use in Pregnancy

EMBRACE Program

Red Deer, Alberta & Central Zone





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Empower Mothers and Families

Mentorship

Build Healthy Relationships

Respect

Active Listening and Learning

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.

Engagement with healthcare providers is important for moms and their babies. During pregnancy a baby exposed to substances 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.

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

