



# BABY CRYING?

**Parenting can be tough...  
It's OK to ask for help.**

**Talk to your Public Health Nurse.  
Or, talk to a nurse for health advice ANYTIME  
by calling Health Link Alberta.**

**In Calgary at (403) 943-LINK (5465)**

**In Edmonton at (780) 408-LINK (5465)**

**Or call toll-free in Alberta at 1-866-408-LINK (5465)**

