



Resources from the Canadian Celiac Association

Bookmark the national and local websites to easily find the resources you need.

Canadian Celiac Association: www.celiac.ca

Newly Diagnosed - Visit this page <https://www.celiac.ca/living-gluten-free/newly-diagnosed/> to start learning about label reading, cross contamination, gluten in non-food products and medications. Register to get the free Gluten Free Living Guidebook.

Food Labelling – Click this link, <https://www.celiac.ca/living-gluten-free/food-labelling/> and download the document.

Parents - Find resources and videos under the CHILDREN'S tab <https://www.celiac.ca/living-gluten-free/children/> and register for the Growing Up Celiac Workbook.

Seniors - <https://www.celiac.ca/living-gluten-free/seniors/>

Less Common Symptoms: <https://www.celiac.ca/gluten-related-disorders/atypical-symptoms/>

Virtual Conference November– Listen to the presentations on YouTube or sign up for 2021 Conference <https://www.celiac.ca/news-events/national-conference/>

Monthly Virtual Webinars – Gluten Free 101 led by two dietitians.

eNewsletter published 3 times a year and *Better Living* every other month.

Join the CCA Facebook Group with >16K members for a national perspective.

Calgary Celiac Association www.calgaryceliac.ca

Sign up for Bi-monthly Celiac 101 information sessions and Q&A sessions. Currently virtual.

Sign up for the quarterly newsletter and watch the website for local events, resources and volunteer opportunities.

The Calgary Chapter is active on Facebook in the Calgary Celiac Community group (3.6K members) and the Calgary Celiac Kids group (240+ members). Join for support and all things local.

Alberta Health Services - Alberta Healthy Living Program phone 403-9-HEALTH or visit www.ahs.ca/ahlp for up to date information about the group session Celiac Disease – Going Gluten Free and one-on-one counselling with a dietician.
<https://app.booking.ca/ahlpcalgarypub/courses/index.asp>