



BREASTFEEDING SUPPORT HELPING TREE

This is a sample of supports in HRM. Others may also be available in your community.

Breastfeeding Support with a doula
Prospect Road Community Centre,
Hatchet Lake
Mondays 9:30 AM – 11:30 AM,
902-448-7226

Breastfeeding Support Group with a doula during Public Health Drop-In Canada Games Centre
Halifax, Mondays 1:00pm-3:00pm

Breastfeeding Support Group with a doula
Chebucto Family Centre, Spryfield,
Tuesday 10:00am-11:30am
(also phone or in home support all week)

East Hants Breastfeeding Support Group with a doula
Elmsdale, 2nd Friday/month
10:30am-12:00pm
4th Monday/month
6:30pm-8:00pm
902-758-3114

Breastfeeding Support Group with a doula
Fiddleheads Kid Shop, Dartmouth,
Mondays 9:30-10:30am, 405-8801

Breastfeeding Support with a doula
Fiddleheads Kids Shop, Bedford
Sundays 3:00pm-4:00pm

Breastfeeding Support Group with a doula
JD Shatford Library, Hubbards
Tuesdays 10:00am-12:00pm
857-4215 or 802-4334

La Leche League
470-7029

Breastfeeding Drop-In with a doula
Nurtured Products for Parenting
Mon 11:00am-12:00pm, 405-4367

One on One Peer Support
Parents of Multiple Births
Association (POMBA), 435-3403

Public Health Family Drop-In Clinics, 481-5800

Breastfeeding Support with a doula
Sobeys Windsor Street,
Halifax, Fridays 10am-12pm
(Dietitian also present)

Ask Dr. Sears

Breastfeeding Community of Practice
Facebook Group

Breastfeeding in Nova Scotia
Facebook Group

Dr. Jack Newman

First Six Weeks

Infant Risk Centre

Kelly Mom

La Leche League

Loving Care (books from NS Department of Health)

The Leaky Boob Facebook Group

Medications and Mother's Milk

Motherisk

Childbirth & Postpartum Professional Assoc.
(Find a doula)

Doulas of North America
(Find a doula)

Nova Scotia Doula Association
(Find a doula)

Volunteer Doula Program
(Chebucto Family Centre)
479-0508

Extra Support for Parents Volunteer Service (E.S.P.)
IWK Health Centre
470-7111 or
extrasupport@iwk.nshealth.ca

Private Lactation Consultants

Public Health Services Healthy Development Unit
481-5800

Bayers Westwood Family Resource Centre
454-9444

Chebucto Family Centre
479-3031

Fairview Family Centre
443-9569

Health Link 811

IWK Clinical Nutrition
470-7074

La Leche League
470-7029

LEA Place Women's Centre
885-2668

MOTHERISK
1-877-439-2744

Parents & Children Together (PACT)
434-8952

Parents of Multiple Births Association (POMBA)
435-3403

Public Health Services Healthy Development Program
481-5800

Breastfeeding Basics
Government of NS

Breastfeeding Made Simple
Kathleen Kendall-Tackett

Breastfeeding Answers Made Simple
Nancy Mohrbacher

Breastfeeding Mother's Guide to making More Milk
Diana West

Defining Your Own Success
Diana West

Dr. Jack Newman's Guide to Breastfeeding
Dr. Jack Newman

Ina May's Guide to Breastfeeding
Ina May Gaskin

Loving Care
Government of NS

Medications and Mothers Milk
Thomas Hale

The Breastfeeding Answer Book
La Leche League International

The Breastfeeding Book
Martha Sears and William Sears

The Ultimate Breastfeeding Book of Answers
Dr. Jack Newman & Theresa Pitman

The Womanly Art of Breastfeeding
La Leche League

Bayers Westwood Family Resource Centre
Halifax, 454-9444

Chebucto Family Centre Spryfield
479-3031

Dartmouth Family Centre
464-8234

Eastern Shore Family Resource Centre
Porters Lake, 827-1461

East Preston Daycare Family Resource Centre
462-7266

Fairview Family Centre
Halifax, 443-9569

Family Resource Centre West Hants
Windsor, 798-5961

LEA Place Women's Centre
Sheet Harbour,
885-2668

Memory Lane Family Place
Lower Sackville,
864-6363

Mi'kmaq Child Development Centre
Halifax, 422-7850

Military Family Resource Centre
Halifax 427-7209
Shearwater 720-1040

Musquodoboit Valley Family Resource Centre
Middle Musquodoboit
384-2794

North End Parent Resource Centre
Halifax, 492-0133

Parents & Children Together (PACT)
Cole Harbour,
434-8952

Babies R Us
Chebucto Family Centre
Spryfield, 479-3031

Dartmouth Family Centre
464-8234

East Preston Daycare Family Resource Centre
462-7266

Fiddleheads Kids Shop
Bedford
Dartmouth

Growth Spurts Consignment

LEA Place Women's Centre
Sheet Harbour,
885-2668

Local Pharmacies

Nurtured Products for Parenting

Parents of Multiple Births Association (POMBA)
435-3403 or
info@pomba.ca

Royal Diaperer

Value Village

Parent & Tot Playgroup
Every third Tuesday,
9:30am-11:00am
Mariposa Natural Market,
Upper Tantallon
718-9645

Baby & Me Playgroup
Dartmouth Family Centre
Wed 1:30pm-3:00pm
464-8234

Chinese Parent Group (Facilitated in Mandarin)
470-7111

New Mom Group
East Preston Daycare FRC
Postnatal: Tuesday
10:30am-1:00pm
Prenatal: Wednesday
6:30-8:30pm
462-7266

New Parent Group
Eastern Shore Family Resource Centre
Porters Lake & Musquodoboit Harbour,
Wed & Thurs
2:30pm-3:30pm
827-1461

New Parent Group
Fairview Family Centre
443-9569

Parenting Programs
Chebucto Family Centre
Spryfield, 479-3031

Parent & Tot
LEA Place Women's Centre
Sheet Harbour,
885-2668

Parent & Tot Group
Military FRC
Halifax, 427-7209
Shearwater, 720-1040

Chiropractors (prenatal, pregnancy, and children)

Family Doctors

Health Link 811

IWK Clinical Nurse Specialist
470-6648

IWK Clinical Nutrition
470-7074

Lactation Consultants

Midwives

Naturopathic Doctors

Osteopaths

Pharmacists

Public Health Services
HRM, 481-5800
Sheet Harbour,
885-2407
Head of Jeddore,
889-2143
Middle Musquodoboit,
384-2370
Windsor, 798-2264

We Like to Nurse
Chia Martin

I'm Made of Mama's Milk
Mary Olsen

Mama's Milk
Michael Elsohn Ross

The Mystery of the Breast
Victoria de Aboitz

We Like to Nurse
Chia Martin

Community Support

Online Support

In Home Support

Telephone Support

Recommended Readings

Resource Centres

Pumps & Pillows

Parent & Child Groups

Health Services & Professionals

Children's Books

The Helping Tree was developed by the HRM Breastfeeding Community of Practice. It is for informational purposes only. For revisions and updates, please contact Marianne Blair-Cutler by email Marianne.Blair-Cutler@cdha.nshealth.ca or phone 481-5837. Last updated September 2016. For the latest version of this resource please visit: www.breastfeedingcop.com/helping-tree-resources

YOU START HERE

