

[Bayers Westwood Family Resource Centre](#)

Halifax, 902-454-9444

[Chebucto Family Centre](#)

Halifax, 902-479-3031

[Dartmouth Family Centre](#)

Dartmouth, 902-464-8234

[Eastern Shore Family Resource Centre](#)

Porters Lake, 902-827-1461

[East Preston Daycare Family Resource Centre](#)

East Preston, 902-462-7266

[Fairview Family Centre](#)

Halifax, 902-443-9569

[Family Resource Centre West Hants](#)

Windsor, 902-798-5961

[LEA Place Women's Centre](#)

Sheet Harbour, 902-885-2668

[Memory Lane Family Place](#)

Sackville 902-846-6363

[Mi'kmaq Child Development Centre](#)

Halifax, 902-422-7850

[Military Family Resource Centre](#)

Halifax 902-427-7209
Shearwater 902-720-1040

[Musquodoboit Valley Family Resource Centre](#)

Middle Musquodoboit
902-384-2794

[North End Parent Resource Centre](#)

Halifax, 902-492-0133

[Parents & Children Together \(PACT\)](#)

Cole Harbour 902-434-8952

[East Hants Breastfeeding Support Group](#)

with a doula;
Elmsdale,
902-758-3114

[Fiddleheads Kid Shop](#)

Support Group with a doula
Dartmouth
902-405-8801

[Fluffy Bottom Babies](#)

Support with a naturopathic doctor
902-443-5005

[La Leche League](#)

902-470-7029

[Nurtured Products for Parenting](#)

Support group with a doula
Halifax, 902-405-4367

[POMBA](#)

Parents of Multiple Births Association.

[Prospect Road Community Centre](#)

Support with a doula
Hatchet Lake
902-852-2711

[Public Health Drop-Ins](#)

902-481-5800

[Ask Dr. Sears](#)

[Breastfeeding After Breast & Nipple Surgeries](#)

Breastfeeding Community of Practice
[Facebook](#)
[Twitter](#)

[Dr. Jack Newman](#)

[First Six Weeks](#)

[Infant Risk Centre](#)

[Kelly Mom](#)

[La Leche League](#)

[Motherrisk](#)

[Public Health Facebook Page](#)

[The Leaky Boob Facebook Page](#)

MOTHERISK
1-877-439-2744

Nova Scotia Telecare Service - 811



BREASTFEEDING SUPPORT HELPING TREE

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

[Chiropractors](#)

(prenatal, pregnancy, and children)

[Dieticians](#)

[Doulas](#)

- [Childbirth & Postpartum Professional Association](#)
- [Doulas of North America](#)
- [Nova Scotia Doula Association](#)
- [Volunteer Doula Program](#)
- [Women's Wellness Within](#) (for criminalized/incarcerated women)

[Family Physicians](#)

[Lactation Consultants](#)

[Midwives](#)

[Naturopathic Doctors](#)

[Nova Scotia Telecare Service - 811](#)

[Osteopaths](#)

[Pharmacists](#)

[Public Health Early Years](#)

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

[Breastfeeding Answers Made Simple](#)

Nancy Mohrbacher

[Breastfeeding Basics](#)

Government of NS

[Breastfeeding Made Simple](#)

Kathleen Kendall-Tackett

[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 Series](#)

Government of NS

[Medications and Mothers Milk](#)

Thomas Hale

[The Breastfeeding Book](#)

Martha & William Sears

[The Ultimate Breastfeeding Book of Answers](#)

Dr. Jack Newman & Theresa Pitman

[The Womanly Art of Breastfeeding & The Breastfeeding Answer Book](#)

La Leche League

[Babies R Us](#)

[Chebucto Family Centre](#)

Spryfield, 902-479-3031

[East Preston Daycare Family Resource Centre](#)

[Fiddleheads Kids Shop](#)

Bedford
Dartmouth

[Growth Spurts Consignment](#)

Local Pharmacies

[Nurtured Products for Parenting](#)

[POMBA](#)
Parents of Multiple Births Association

[Royal Diaperer](#)

[Value Village](#)

Resource Centres

Other Community Supports

Online Support

Telephone Support

Health Services & Professionals

Children's Books

Recommended Reading

Pumps & Pillows

The Helping Tree was developed by the Halifax Breastfeeding Community of Practice. It is for informational purposes only. For revisions and updates, please contact Marianne Blair-Cutler by emailing blairm@nshealth.ca or phone 902-481-5837. Last updated February 2018. For the latest version of this resource please visit: www.breastfeedingcop.com/helping-tree-resources

YOU START HERE

