

[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 Hants Family Resource Centre](#)
Elmsdale, 902-883-4349

[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



BREASTFEEDING SUPPORT HELPING TREE

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

[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](#)

[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](#)

[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 Aboitiz

We Like to Nurse
Chia Martin

MOTHERISK
1-877-439-2744

Nova Scotia Telecare Service - 811

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 May 2018. For the latest version of this resource please visit: www.breastfeedingcop.com/helping-tree-resources

YOU START HERE