



# BREASTFEEDING SUPPORT HELPING TREE

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

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	Ask Dr. Sears								
Breastfeeding Support with a doula Fiddleheads Kids Shop, Bedford Tuesdays 11:00am-12:00pm	Breastfeeding Community of Practice Facebook Group								
Breastfeeding Support Group with a doula JD Shatford Library, Hubbards Tuesdays 10:00am-12:00pm 857-4215 or 802-4334	Breastfeeding in Nova Scotia Facebook Group								
La Leche League 470-7029	Dr. Jack Newman								
Breastfeeding Drop-In with a doula Nurtured Products for Parenting Mon 1:30pm-2:30pm, 405-4367	First Six Weeks								
One on One Peer Support Parents of Multiple Births Association (POMBA) 435-3403	Infant Risk Centre								
Public Health Family Drop-In Clinics 481-5800	Kelly Mom								
Breastfeeding Support with a doula Sobey's Windsor Street, Halifax, Fridays 10am-12pm (Dietitian also present)	La Leche League								
Breastfeeding Support Group with a doula The Cotton Penguin, Tantallon Thursdays 10:30am-11:30am 902-820-1234	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) or 435-3403 info@pomba.ca			
						Royal Diaperer			
						The Cotton Penguin 902-820-1234			
						Value Village			
							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		
							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		I'm Made of Mama's Milk Mary Olsen
							Pharmacists		Mama's Milk Michael Elsohn Ross
							Public Health Services HRM, 481-5800 Sheet Harbour, 885-2407 Head of Jeddore, 889-2143 Middle Musquodoboit, 384-2370 Windsor, 798-2264		The Mystery of the Breast Victoria de Aboitiz
									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](mailto:Marianne.Blair-Cutler@cdha.nshealth.ca) or phone 481-5837.  
Last updated February 2014. For the latest version of this resource please visit: <http://www.breastfeedingcop.com/helping-tree-resources.html>

## YOU START HERE

