



Public Health Pregnancy Support

Are you pregnant and would like to talk to a Public Health Nurse before your baby arrives?

Early Years Public Health Nurses can help you learn what to expect while you are pregnant and when you bring your baby home.

Public Health Nurses can offer:

- ✓ Prenatal information and support
- ✓ Infant feeding and nutritional support
- ✓ Healthy development and parenting support
- ✓ Positive parent-child interaction guidance
- ✓ Maternal mental health support
- ✓ Connection to community resources and programs
- ✓ Information and support regarding infant and childhood Immunization

Contact Public Health Early Years in Central Zone



Phone: 902-481-4967

Toll Free: 1-800-430-9557

Email: earlyyears cz@nshealth.ca

Interpretation services are available.

Web: www.nshealth.ca/pregnancy-supports

Serving Halifax Regional Municipality, Eastern Shore & West Hants