

The Northern Zone Early Years team is made up of Public Health Nurses (Registered Nurses) and allied health professionals, who offer a range of services and supports for pregnant people and families with young children.

Members of the Early Years team can provide support and guidance on issues like infant feeding, questions about sleep, mental health, growth and development, immunizations, nutrition, parenting, social supports and more.

## Early Years Services in Northern Zone

Colchester East Hants, Cumberland & Pictou Counties

- ✓ Home Visiting Program for families prenatally up to age 3.
- ✓ Early childhood immunization clinics for children who do not have a primary care provider and/or an MSI number (health card), or can not access their primary care provider in a timely way.
- ✓ Connection with community organizations that serve families, like Family Resource Centres.
- ✓ Access to helpful resources around feeding and taking care of your baby.



### Contact Early Years

Phone: 902-667-3319

Email: [nzeynurses@nshealth.ca](mailto:nzeynurses@nshealth.ca)

Web: [www.nshealth.ca/parenting-supports](http://www.nshealth.ca/parenting-supports)



**Public Health**