

Public Health Pregnancy Support



Public Health Early Years is here to support you during pregnancy. Connect with a Public Health Nurse to access trusted support and guidance early in pregnancy and after your baby comes home.

Public Health Nurses can offer:

- ✓ Access to free Public Health prenatal services
- ✓ Information about common pregnancy and parenting questions or concerns
- ✓ Planning support for infant feeding, including breastfeeding/chestfeeding, formula feeding and combined approaches
- ✓ Healthy development and parenting support
- ✓ Positive parent-child interaction guidance
- ✓ Maternal mental health support
- ✓ Connection to community supports
- ✓ Childhood vaccination guidance



Contact Early Years in your Zone

Central Zone

Halifax area, Eastern Shore, West Hants
902-481-4967/1-800-430-9557 (Toll Free)
earlyyears cz@nshealth.ca

Eastern Zone

Cape Breton, Guysborough, Antigonish
earlyyears ez@nshealth.ca

Northern Zone

Colchester-East Hants, Cumberland, Pictou
902-667-3319 / 1-800-767-3319 (Toll Free)
nzeynurses@nshealth.ca

Western Zone

Annapolis Valley, South Shore, South West
1-833-601-0949 (Toll Free)
earlyyears wz@nshealth.ca

Find Us Online



[www.nshealth.ca/
Pregnancy-Supports](http://www.nshealth.ca/Pregnancy-Supports)