

# Public Health Pregnancy Support



Public Health Early Years is here to support you during pregnancy. Connecting early gives you a chance to talk with a Public Health Nurse and access services to help you before and after you bring your baby 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)