

**Public Health, Healthy Beginnings Program
Service for Parents and Children
September 2011 – June 2012**

Note: The days and times may change. Please phone (902) 481-5800 before going for your first visit

Site	Family Drop-In	Breast-feeding Buddies	Parenting Information Sessions
HRM Areas (Dartmouth, Halifax, Sackville)			
Canada Games Centre 26 Thomas Raddall Drive Halifax, N.S. 490-2400	Mondays 1:00 – 3:00 p.m.	N\A	N\A
Cole Harbour Place Stewart Hall Room Forest Hills Parkway, Cole Harbour	2 nd & 4 th Thursday 1:30 – 3:00 p.m.	N\A	N\A
Dartmouth Family Resource Centre 107 Albro Lake Rd, Dartmouth (464-9234) call to confirm dates	Every 2 nd Wed 1:30 - 3:30 p.m.	N\A	N\A
East Preston Family Resource Ctr W-Five Mall, Suite 501, East Preston	Every Tuesday 11:30 – 1:00 p.m.	N\A	N\A
Mineville Health Centre, Boardroom 4 Peter Ct, Mineville (107 Hwy, Exit 18) 829-3278	1 st and 3 rd Fridays 1:00 – 3:00 p.m.	N\A	N\A
Parents & Children Together (PACT) 1114 Cole Harbour Rd, Dartmouth 434-8952	N\A	N\A	
Parent 'n Tot Meeting Place 3524 Dutch Village Rd (Fairview United Church Basement) Halifax, N.S. 443-9569	2 nd & 4 th Tuesday 9:30 – 11:30 a.m.	N\A	N\A
Sobeys Bedford South Comm. Room 55 Peakview Drive (Larry Uteck exit off Hwy 102)	Wednesdays 10:00 – 12:00 noon		
Ward 5 Neighborhood Centre 5540 Russell Street, Halifax 454-0018	2 nd & 4 th Wednesday 9:30 – 11:30 a.m.	N\A	N\A

HRM Areas (Dartmouth, Halifax, Sackville) cont'd			
Memory Lane Family Resource 22 Memory Lane, Lwr Sackville 864-6363	Every Wednesday 1:30 – 3:30 p.m.	N\A	N\A
Tantallon Area			
Tantallon Library Hubley Centre, Hammonds Plains Rd, Tantallon	Parenting Support Sessions 4 th Tuesday 1:30 – 3:30 p.m.	2 nd Tuesday 1:30 – 2:30 p.m.	2:30 – 3:30 p.m. Jan 10 Ask a Nurse Feb 14 Preventing Injuries in the Home Mar 13 Dental Health Apr 10 Promoting Healthy Sleep in Children Under 1 Year May 8 Growth & Dev 0- 12 months June 12 Sun Safety and Bug Spray For Infants
Windsor Area			
Babylove Drop-In Family Resource Centre of West Hants Dufferin Place 14 Water St. Windsor	Thursdays 1:30 – 3:30 p.m.	N\A	Held 2-3 times per year Call 798-2266 or 792-1399 for more info

Program Descriptions:

Family Drop-In: Come for breastfeeding assessment and assistance, parenting support and other health information.

Breastfeeding Buddies: Peer Support Program facilitated by Public Health Nurses.

Parenting Information Sessions: Group education sessions facilitated by Public Health Nurses on a variety of topics including parenting, growth and development, nutrition, safety and crying