

This **Pregnancy Helping Tree** provides links to Kings County Women's resources.

Public Health Services

Prenatal, Postpartum, and Breastfeeding support
902-542-6310

www.nshealth.ca/pregnancyandparenting

Great Beginnings

Food boxes at a lower cost from pregnancy to when infant is 6 months.
Self-referral: 902-670-5609

Sobey's Baby Be Healthy

Nutrition advice, pharmacist consult through pregnancy.
Register online. 902-681-1434

Superstore Dietitian

902-476-0942. Grocery store tours, healthy eating workshops.

St. Vincent de Paul Emergency help

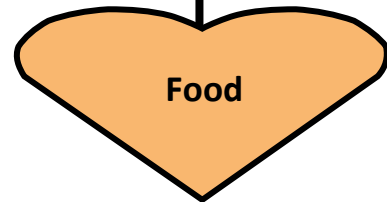
902-542-9499

Local Food Banks

Berwick – 902-538-1996
Hantsport – 902-352-3002
Kentville – 902-679-3364
Wolfville – 902-542-0040
Canning – 902-582-3886
Kingston – 902-765-0303

Outpatient Dietitians- self referral

Wolfville – 902-542-2271
Kentville – 902-679-2450
Berwick – 902-538-7896



Elizabeth Fry Society

1-877-619-1354

Credit Counselling Services

1-888-753-2227

ccsinfo@solveyourdebts.com

Income Assistance

Self-referral 902-679-6715

Community Services

Self-referral 902-678-6176

Family Pharmicare Program

1-877-330-0323



Annapolis Valley Breastfeeding Support Groups - Facebook Site

La Leche League Breastfeeding Support Group 1-800-665-4324

Prenatal Breastfeeding Class

1st Wednesday of every month at Valley Regional Hospital
Register: 902-679-2657 ext. 3054

New Mothers Resource Clinic

Breastfeeding support and classes
902-678-7381 ext. 3054

Breastfeeding Peer Support Group

Have questions/ concerns answered by trained peers. 1-800-399-7119



Antenatal Labour & Delivery Clinic

<http://www.nshealth.ca/having-baby>
902-679-2657 ext 3052

Women's Choice Clinic

A medical abortion clinic at the QE2
<http://www.nshealth.ca/abortion>
1-833-352-0719

Valley Care Pregnancy Centre

A Christian based training, coaching, and support for pregnancy
Kentville: **902-678-6217**

Valley Doulas

Dawn Hare 902-678-2446
valleydoulas@gmail.com

Chrysalis House 24/7 (women and children) 902-679-1922

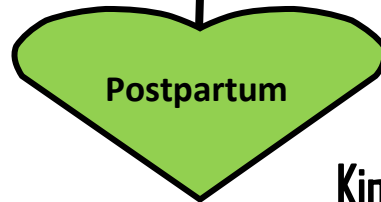


Pregnancy & Infant Loss Support Group –Circle of Friends

valleycircleoffriends@gmail.com

Postpartum Mental Wellness

Classes Self-Referral twice a year.
Coordinator 902-538-1315



Mental Wellness NSHA

Self-referral
1-855-273-7110 until 4:30pm

Smokers' Help Line

1-877-513-5333

Pregnancy and Substance Abuse

1-877-439-2744

Canadian Mental Health Association - CMHA – Kings

Postpartum depression
902-679-7464
info@cmhakings.ns.ca



Annapolis Valley Regional Library

1-866-922-0229
Breastfeeding and Parenting kits

Kings County Family Resource Center

902-678-5760
family.centre@ns.sympatico.ca

Greenwood Military Family Resource Center

1-888-739-0339

Kings Transit

Fully accessible bus service
1-888-546-4442



The Red Door

Confidential health services, education, and promotion
(902) 679-1411 or
info@thereddoor.ca

Mental Health Crisis Line

24 hour phone
1-888-429-8167

Need Help Now?

Crisis Response Services – Mental Health, Alcohol, Drugs, Gambling 8:30am-4:30pm 1-855-273-7110

Poison Control - 1-800-565-8161

Emergency – Medical, Police, or Fire 24/7 – 911

Inn from the Cold (Emergency Shelter - Nov-Apr)
Kings County
902-365-3665 or call police **902-678-3378**

Open Arms – emergency food, clothing, shelter –
902-365-3665

Kids Help Phone – 1-800-668-6868

HealthLink - Registered Nurses 24/7: **Call 811**

24/7 call 211



Updated February 2019

To suggest corrections or updates please call 902-679-1849

Services listed are for information only; this does not imply endorsements by the NSHA

**Kings County
Pregnancy Helping Tree**

An up-to-date copy of the Helping Tree can be found here:

<http://kingsns.cmha.ca/helping-trees-for-kings-and-annapolis-counties>