



# In-Person or Virtual Prenatal options



## What does the program look like?

**Healthy  
Pregnancy, Baby  
and Family**

**Labor &  
Delivery,  
Comfort  
Measures**

**Bringing Baby  
home, Parenting  
support**

**Infant Feeding,  
Safety**

**Community  
Connections &  
Resources**



## Join other expectant parents !



 Queens Co.  
1 902 354-7176  
1 833 354-7176

 40 Water St.  
Unit 2

 [qfrc@ns.aliantzinc.ca](mailto:qfrc@ns.aliantzinc.ca)



 Bridgewater  
1 902 543-3119  
1 833 543-3119

 821 King St.  
Unit 11

 [sabrinatanner@bellaliant.com](mailto:sabrinatanner@bellaliant.com)



 Shelburne Co.  
1 902 875-3256  
1 800 563-3256

 157 Water St. L1  
Or Virtual  
sessions  
available for all  
counties

 [angelamjeffery@hotmail.com](mailto:angelamjeffery@hotmail.com)



 Digby Co.  
1 902 245-2300  
1 844 246-2300

 1 Birch St.

 [rhondahiggins79@gmail.com](mailto:rhondahiggins79@gmail.com)

For more information or  
to register  
Contact your Local  
Family Resource Centre



provided in partnership with



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