

Public Health Early Years is comprised of Public Health Nurses (Registered Nurses) and a team of allied health professionals, who offer a range of services and supports for pregnant people and families with young children.

Early Years Public Health Nurses can provide support and guidance on issues like infant feeding, questions about sleep, mental health, growth and development, immunizations, nutrition, parenting, social supports and more.

## Early Years Services in Central Zone

Halifax Regional Municipality, Eastern Shore, West Hants

- ✓ Home Visiting Program for families prenatally up to age 3.
- ✓ Family drop-in clinics in communities for families with children ages 5 and under.
- ✓ Early childhood immunization clinics for children who do not have a primary care provider, or do not have an MSI number (health card).
- ✓ Connection with community organizations that serve families, like Family Resource Centres.
- ✓ Access to helpful resources around feeding and taking care of your baby.



## Contact Early Years

Phone: 902-481-4967 | Toll Free: 1-800-430-9557

Email: [earlyyears cz@nshealth.ca](mailto:earlyyears cz@nshealth.ca)

*Interpretation services are available.*

Web: [www.nshealth.ca/parenting-supports](http://www.nshealth.ca/parenting-supports)