

# “Healthy Pregnancy, Healthy Baby”

## Prenatal Information for You and Your Baby

### Public Health Nursing

Public Health Nursing offers prenatal education for expecting parents that can help individuals learn about pregnancy, labour and birth, breastfeeding, and taking care of a newborn.

We are pleased to offer a variety of learning options to best support your learning needs.

- In-Person Classes – offer group learning and are led by a Public Health Nurse. Classes are offered in various locations across the province.
- On-Line eClasses – offer self-learning through InJoy Health Education which includes videos, animations, learning activities and helpful information.
- One-to-One Learning may also be available based on individual situations.

### Family Resource Centres

Family Resource Centres offer programs and resources for children and families. These include parent education and support groups, parent resources, prenatal nutrition programs, drop-in play, toy-lending libraries, and outreach for smaller Island communities.

**There are eight (8) Family Resource Centres in Prince Edward Island.**

**Kids West Inc**

**Family Place**

**Cap enfants**

**CHANCES Family Centre**

**Mi’kmaq Family Resource Centre**

**PEI Military Family Resource Centre**

**Families First**

**Families East Resource Centre**

For more information please contact your local Public Health Nursing office:

O’Leary.....	(902) 859-8720
Summerside.....	(902) 888-8160
Wellington.....	(902) 854-7259
Charlottetown.....	(902) 368-4530
Montague.....	(902) 838-0762
Souris .....	(902) 687-7049

