

"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:

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|--------------------|----------------|
| 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 |



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| Alberton | (902) 853-4066 |
| Summerside..... | (902) 436-1348 |
| Wellington..... | (902) 854-2123 |
| Charlottetown..... | (902) 892-8744 |
| Charlottetown..... | (902) 892-0928 |
| Charlottetown..... | (902) 892-8999 |
| Montague..... | (902) 838-4600 |
| Souris..... | (902) 687-3928 |