

KOOTENAY BOUNDARY NEWBORN SUPPORTS



Public Health Drop in or call to make an appointment

Maternity care for new parents • Breastfeeding support • Child Health Clinic Services – Starting at 2 months old including growth monitoring, immunizations and counselling related to development.

Castlegar: Castlegar and District Community Health Centre, 250-365-7711 Ex. 4310
Breast feeding drop in clinic Wednesdays 1–2:30pm

Grand Forks: Public Health Nursing, 250-443-3150

Kaslo: Kaslo Primary Health Centre, 250-353-2291

Midway: Midway Health Unit, 250-449-2887 Ex. 1

Nakusp: Nakusp Health Unit, 250-265-3608

Nelson: Nelson Health Centre, 250-505-7200

Salmo: Salmo Health and Wellness Centre,
250-357-9511

Trail: Kiro Wellness Centre, 250-364-6219
Breast feeding drop in clinic Thursdays 1:00 – 2:30pm

Feeding clinics only Family Physician and Nurse On-Site

Nelson: Apple Tree Maternity, 250-354-3884

Education and Peer Support

Castlegar: Beautiful Beginnings program,
Kootenay Family Place – 250-365-3662 ext 227.
Group & individual services for pregnant and newly parenting families.

Boundary: Baby's Best Chance and Boundary Breastfeeding Cafe, Boundary Family Centres – 250-442-2267. Group & individual services for pregnant and newly parenting families, as well as information and support for breastfeeding.

Nelson: Apple Tree Maternity – 250-354-3884.
Group & individual services for pregnant and newly parenting families, as well as information and support for breastfeeding.

La Leche League Nelson – 250-354-4424 or 250-352-0016. All breast feeding topics discussed and practical support given.

Bellies to Babies (Pregnancy & Perinatal Outreach Program), Kootenay Kids Family Place – 250-352-6678 Ex. 1. Group & individual services for pregnant and newly parenting families.

Trail: Building Beautiful Babies – 250-364-2326.
Group & individual services for pregnant and newly parenting families.

Other Supports:

Healthy From The Start pre-natal program: 1-855-868-7710
www.interiorhealth.ca/healthyfromthestart

Baby's Best Chance book for parents:
www.bit.ly/BBCbook