

Prenatal and postnatal resources

<p>Les premiers moments</p>	<p>Montreal and South shore Tel: 514-312-1723 www.lespremiersmoments.ca</p>	<ul style="list-style-type: none"> - Prenatal classes (group) – FR - Prenatal classes (private) – FR/ENG - Birth partner workshop - Birth Doula / Birth photography
<p>Motherwit</p>	<p>5726 Sherbrooke W # 214 Montreal QC Tel: 514-237-0737 www.motherwit.ca</p>	<ul style="list-style-type: none"> - Prenatal classes (group) –ENG - Birth and post-partum doula - Post-partum support group - Infant sleep support
<p>CallaBaby</p>	<p>Montreal and South shore Tel: 514-746-6041 www.callababy.ca</p>	<ul style="list-style-type: none"> - Prenatal classes (group) – FR/ENG - Prenatal classes (private) – FR/ENG - Breastfeeding workshop FR/ENG - Parental First Aid Class (group) FR/ENG - Parental First Aid Class (private) FR/ENG - Post-partum support - Breastfeeding support - Individual post-partum psychotherapy - Post-partum depression and anxiety management
<p>Bientôt Bébé</p>	<p>5612 Pinedale Ave. Côte Saint-Luc H4V 2X9 Tel: 514-426-3362 www.bientotbebe.ca</p>	<ul style="list-style-type: none"> - Prenatal classes (group) –FR/ENG - Prenatal classes (private) –FR/ENG - Refresher prenatal class (group) –FR/ENG - Infant CPR (group) –FR/ENG
<p>Nurse Amy The Medical Mission</p>	<p>Montreal and South shore www.nurseamy.ca</p>	<ul style="list-style-type: none"> - Post-Partum support - Breastfeeding support - Baby night-nurse - Perinatal web education
<p>Nuvo Physio</p>	<p>5005 Jean-Talon West, Suite 10 Montreal, H4P 1W7 Tel: 514-379-3423 www.equilibrestudio.com</p>	<ul style="list-style-type: none"> - Pregnancy physiotherapy - Pelvic floor physiotherapy
<p>Cappino</p>	<p>Montreal and West Island Area Tel: 514-684-9073 www.cappinophysio.ca</p>	<ul style="list-style-type: none"> - Pregnancy physiotherapy - Pelvic floor physiotherapy - Accupuncture & Pregnancy massage therapist

Kinatex Sport Physio	1538 Sherbrooke West, suite 610 Montréal, (QC) H3G 1L5 Tel: 514 658-7070 www.kinatex.com	<ul style="list-style-type: none"> - Prenatal massage - Pregnancy physiotherapy - Pelvic floor physiotherapy - Perineal rehabilitation
Naître et Grandir	2001, avenue McGill College, bureau 1000 Montréal (Québec) H3A 1G1 www.naitreetgrandir.com	<ul style="list-style-type: none"> - Online childhood education resource
Tiny tot to toddler	945, avenue Wolfe, 3e étage Québec (Québec) G1V 5B3 www.inspq.qc.ca/node/1942	<ul style="list-style-type: none"> - Online childhood education resource
CLSC Breastfeeding drop-in session	https://ciusss-ouestmtl.gouv.qc.ca/en/news/news/de-nouvelles-haltes-allaitement-au-ciusss-odim/	<ul style="list-style-type: none"> - Breastfeeding support
Fédération Québécoise NourriSource	www.nourri-source.org	<ul style="list-style-type: none"> - Breastfeeding moms pairing
Rental of breastpumps	www.medelabreastfeedingus.com	<ul style="list-style-type: none"> - Breastfeeding support - Breastfeeding pump rentals
La Tasse Gamine	5658A Park Ave., Montréal TEL 514-439-9950 www.latassegamine.com	<ul style="list-style-type: none"> - Baby and breastfeeding-friendly café
La Leche League	www.allaitement.ca	<ul style="list-style-type: none"> - Breastfeeding support
Nourri-Source	www.nourri-source.org	<ul style="list-style-type: none"> - Breastfeeding support and counseling