

Perinatal Care and Support

Infant Care, Parenting, Breastfeeding,
Prenatal Education, Sleep Consultants



Parent Resources

ABOUT

- An assortment of free, publicly funded and fee for service
- This resource sheet is to provide you with options, do your own research on services and what each has to offer
- This list is not complete and will be added and updated as needed.
- If you are in SK or AB and would like your service added, please contact me

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(780)870-8471

www.pelvichygge.ca



Lloydminster and Area



Prenatal, Breastfeeding, Infant Care, & Parenting:

Connecting Parents, Supporting Families- Parenting education and support

Phone 780-808-0861

Website [https://sites.google.com/view/connectingparentslloydminster/home?](https://sites.google.com/view/connectingparentslloydminster/home?fbclid=IwAR3eYhYhwrF9RCBPskYhsEs3iKykxKrX_myDvfxs7GDC_paGtU3U2iZ4h4o)

fbclid=IwAR3eYhYhwrF9RCBPskYhsEs3iKykxKrX_myDvfxs7GDC_paGtU3U2iZ4h4o

Facebook <https://www.facebook.com/connectingparentssupportingfamilies>

Instagram <https://www.instagram.com/connectingparentslloydminster/>

Midwest Family Connections- Parenting, support groups and more

Phone 306-825-5911

Website <http://www.midwestfamilyconnections.ca/>

Facebook <https://www.facebook.com/midwest.family.connections>

Instagram <https://www.instagram.com/midwest.family.connections/>

Nurturing Expectations- Winona Morland

Website <https://www.nurturingexpectations.com/>

Facebook <https://www.facebook.com/NurturerWinona>

Instagram <https://www.instagram.com/nurturingexpectations/>

Saskatchewan Health Authority

Local Public Health (Lactation Consultant, Prenatal Education, Newborn Care, Postpartum Services)

Phone 306-820-6225

Facebook <https://www.facebook.com/populationhealthlloydminster>

The Mama Coach- Amanda Pare (Registered Nurse)

Website <https://themamacoach.com/coaches/amanda-pare/>

Facebook <https://www.facebook.com/amandathemamacoachlloydminster>

Instagram <https://www.instagram.com/amandathemamacoachlloyd/>



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Doulas

Chelsea Snelgrove

Website <https://chelseasnelgrove.podia.com/>

Instagram <https://www.instagram.com/iamchelseasnelgrove/>

From the Heart Doula Services- Claire Smith

Phone 306-830-7414

Website <https://msha.ke/fromtheheartdoulaservices/>

Facebook <https://www.facebook.com/From-the-Heart-Doula-Services-104722815040473>

Instagram <https://www.instagram.com/fromtheheartdoulaservices/>

Green Birth Doula Care- Rhiannon Greening

Phone 306-830-8119

Facebook <https://facebook.com/greenbirthdoulacare>

Instagram <https://instagram.com/greenbirthdoulacare>

La Luna Birth Support- Emmylou

Phone 780-872-9207

Website <https://msha.ke/lalunabirth>

Facebook <https://www.facebook.com/laluna.birth>

Instagram <https://www.instagram.com/laluna.birth/>

Transparent Birth and Postpartum- Tannis Sweeney

Email transparentbandp@gmail.com

Instagram <https://www.instagram.com/transparentbirthandpostpartum>

Two Mama Doulas- Jasmine & Jacilynn

Website <https://www.twomamadoulas.com/>

Instagram <https://www.instagram.com/twomamadoulas/>

Sleep Consultants

Always Dreaming- Kyndra Thiessen (Sleep Consultant)

Phone 639-840-3703

Website <https://alwaysdreaming.ca>

Facebook <https://www.facebook.com/alwaysdreaming.sleep>

Instagram <https://www.instagram.com/alwaysdreaming.sleep/>

Pashionate About Sleep- Sarah Pashniak (Sleep Consultant)

Phone 306-830-5457

Website <https://www.pashionateaboutsleepp.com/>

Facebook <https://www.facebook.com/Sarahpashniak>

Instagram <https://www.instagram.com/pashionateaboutsleepp/>

