



# Bhakti Wellness

## Community Resources

Finding a community and having access to local resources is integral to feeling successful and supported during the perinatal period. Below is a growing list of local resources for the Fredericton area.

### **Accessories:**

Anna + Shay Ring Slings-Samantha's slings are seriously beautiful. I am so excited she is local to Freddy Beach!!! I highly suggest ring slings for wearing babe-they are SO easy, light weight and can fit in your purse!!!

[https://www.facebook.com/commerce/products/4015949921849905/?referral\\_code=search\\_hcm\\_cta&ref=mini\\_shop\\_storefront](https://www.facebook.com/commerce/products/4015949921849905/?referral_code=search_hcm_cta&ref=mini_shop_storefront)

[etsy.com/shop/AnnaBananaRingSlings](https://www.etsy.com/shop/AnnaBananaRingSlings)

Atticus Robin's bags for moms and tots made local here in Fredericton!!

<https://www.facebook.com/atticusrobin2020/>

### **Acupuncture:**

Taryn Dean- 506-455-1050

<https://www.adicamassage.com/contact>

Emily Durling- IS MAGIC!

[soulstarenergy@gmail.com](mailto:soulstarenergy@gmail.com)

East ND has lots of ND's that do acupuncture- check them out!

[About Us | EASTND Fredericton](#)

### **Baby Feeding (Breastfeeding or Bottle)/Lactation**

La Leche League Fredericton

<https://www.lllc.ca/lllc-fredericton>

Are currently meeting weekly via Zoom. Check their Facebook Page or email directly for meeting times and links.

This is a family friendly meet up, in a non-judgemental space. A small cash donation is welcomed, as all LLLC Leaders are volunteers. \*Join their Facebook group to stay up to date.Email: fredericton@lllc.ca

Lara Proud of Beyond the Bump

Lara is THE BEST! She also does house calls!!!

<https://www.beyondthebumpeducation.ca/>



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### Formula Feeding:

[www.fearlessformulafeeder.com](http://www.fearlessformulafeeder.com)

<https://medium.com/@xoxoadrienne/why-choosing-to-formula-feed-was-the-best-decision-i-made-as-a-new-mom-9b220803ea4f>

### Birth Prep

Beyond the Bump Education-Lara is

[Beyond The Bump | Prenatal Classes & Doula Services](#)

Next Trimester:

[Prenatal Education, Feeding, & Safety Support | Next Trimester Nursing Co.](#)

### Birth Stages:

Whapio from the Matrona is a crone with incredible knowledge and birth experience. I am in LOVE with her writing on the Holistic Stages of Birth. Give it a read here:

<https://thematrona.com/the-holistic-stages-of-birth/>

### Chiropractics:

Dr. Marie is a Chiro Goddess whose focus is on expectant bodied people and babes. Her Partner is also amazing and does some Toggle Recoil which is a more gentle chiropractic adjustment.

506-454-2004

530 Brookside Drive, Unit E (North Side Fredericton)

[www.eastcoastchiropractic.ca](http://www.eastcoastchiropractic.ca)

Dr. Hollie Brown\*Specializes on wimyn during the perinatal period and babies

Healing Home Chiropractics

<https://healinghomechiropractic.com/>

Williams Chiropractic

(506) 452-1609

169 Main Street (Upper Level), Fredericton, NB E3A 1C6

<https://williamschiro.ca/>



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### **Circumcision:**

<https://www.yourwholebaby.org>

Helping you make informed choices!

### **Cloth Diapers:**

<https://www.lilhelper.ca/>

These guys have a program that can help financially, and are the best around!!!

### **Counselling:**

Balanced Beginnings Counselling

506-262-0271

202-117 York St, Fredericton, NB E3B 3N6

<https://balancedbeginningscounselling.com>

Cynthia Foster

506-304-3726

[connect@cynthiastoster.ca](mailto:connect@cynthiastoster.ca)

[www.cynthiastoster.ca](http://www.cynthiastoster.ca)

Luna Counselling Co.

A virtual mental health collective for women based out of NB.

Access through Instagram @lunacounsellingco

Oak and Cedar Counselling

(506) 261-1033

[https://www.facebook.com/pg/oakandcedarcounselling/services/?ref=page\\_internal](https://www.facebook.com/pg/oakandcedarcounselling/services/?ref=page_internal)

Zenful Counselling

Melissa Langteign is a friend and is AMAZING! She is a momma and also teaches Mom and Baby Yoga!

506-260-8624

[zenfulcounselling@gmail.com](mailto:zenfulcounselling@gmail.com)

### **Cranio-Sacral Therapy:**

Christie Dennisen- Is so wise and kind. Massage and craniosacral therapy are her specialties!

[movement with amy](#)

Emily Durling

[soulstarenergy@gmail.com](mailto:soulstarenergy@gmail.com)



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### Education:

Beyond the Bump-Lara Proud is SO badass. She has seen a need in our community for educating (new) families on Child Safety and has created workshops just for that! She is also a Pre/Postnatal educator and teaches CPR for infants/adults!!!

[www.beyondthebumpeducation.ca](http://www.beyondthebumpeducation.ca)

[info@beyondthebumpeducation.ca](mailto:info@beyondthebumpeducation.ca)

506-260-7403

### Family Resources:

Fredericton Family Resource Centre

60 Veterans Dr. Fredericton, NB

<https://www.frederictonfrc.ca/>

\*\*\*They have many groups like *Adjusting to Parenthood Support Group* as well as others!!!

### Float:

Surface Float Centre: Kat Roberts is a former Doula and owner of Fredericton's first Float Tank space Surface Float. Floating has a number of amazing benefits and I am a HUGE fan. She will have two styles of float tanks to serve you!!

42 Durelle St

Fredericton, NB (off Bishop)

[hello@surfacefloat.com](mailto:hello@surfacefloat.com)

[www.surfacefloat.com](http://www.surfacefloat.com)

### Massage:

Christie Dennisen- Is so wise and kind. Massage and craniosacral therapy are her specialties!

[movement with amy](#)

Emily Breen- Emily is ahhhazing!

[https://book.squareup.com/appointments/1utueu8r1bli7g/location/69GZ9E8JK131H/services?buttonTextColor=000000&color=bdb217&locale=en&referrer=so&team\\_member\\_id=TM-KduEcN5kU9Lcx](https://book.squareup.com/appointments/1utueu8r1bli7g/location/69GZ9E8JK131H/services?buttonTextColor=000000&color=bdb217&locale=en&referrer=so&team_member_id=TM-KduEcN5kU9Lcx)

Janna Boucher-Is super lovely

<https://reconnecthealth.ca/fredericton/our-team/>

Melyssa Hutchinson- Is the bomb dot com!!

[https://katie-jess-melyssa.janeapp.com/#/staff\\_member/1](https://katie-jess-melyssa.janeapp.com/#/staff_member/1)



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### **Midwifery:**

Fredericton Midwifery Centre

528 MacLaren Ave, Fredericton, NB

<https://en.horizonnb.ca/home/facilities-and-services/services/support-and-therapy/midwifery.aspx>

### **Multicultural Association Fredericton:**

<https://mcaf.nb.ca/en/>

28 Saunders St, Fredericton New Brunswick

Canada E3B 1N1

506-454-8292

Mon-Fri 8:30am to 5 pm

### **Naturopathy:**

Taryn Dean- 506-455-1050

<https://www.adicamassage.com/contact>

East ND-a team of Female NDs

[About Us | EASTND Fredericton](#)

### **Nutrition:**

Kristin Brown

<https://kristinbrownnutrition.com/>

### **Osteopath:**

Geoff Mabey

<https://www.maxhealthfred.com/geoffrey-mabey-osteopath/>

Breeanna Billard

[Reconnect Health Centre & Physiotherapy Fredericton](#)

### **Physiotherapy:**

Pelvic Health and Physio-Kathy Best

[Williams Physiotherapy Team in Fredericton NB | Williams Physiotherapy](#)

Pelvic Health and Physio-Lynn Sweeney

1015 Regent Street Unit 201

Fredericton, New Brunswick

OR



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Max Health Institute & Physiotherapy

15 Peter Kelly Dr. (on campus)

Unit 3-06

Fredericton, NB

E3B 5A3

506-451-6837 ext. 1

<https://www.maxhealthfred.com/pelvic-floor-physiotherapy>

Pelvic Health and Physio-Sasha Mooney-Palmer

[About - ReConnect Health Fredericton, NB](#)

Quinn Mercer is amazing for regular physio!

[Physiotherapists - Max Health Institute & Physiotherapy](#)

**Play:**

[Babies in the Library](#)

An interactive half hour of fun with your baby at the library. Please click on the title for more information or call the library at 506-460-2806.

**Baby Mornings (a meet up for mommas)**

At A Purrfect Cup (the cat cafe)-The Owner Shona is WONDERFUL!

[Home - The Purrfect Cup](#)

[Move and Groove Storytime](#)

Storytime for children 6 years and under! Please click on the title for more information or call the library at 506-460-2806.

[Storytime Shenanigans](#)

Storytime for children 3-5. Please click on the title for more information or call the library at 506-460-2806.

[Tales for Toddlers](#)

Storytime for children 19-36 months. Please click on the title for more information or call the library at 506-460-2806.

**Podcasts:**

THERE ARE SOOO MANY!!!! But here are a few!

Big Birth Junkie-Lots of good info on her Pod!!



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Birth Kweens (@birthkweens) ARE AMAZING. Seriously, they talk about ALL of the things!!\*They are no longer recording new episodes but have loads of great episodes for you if you are birthing within the medical system

Birth Warrior (from Indie Birth)- lots of autonomous birth stories that reflect our ability to birth naturally!

EBB-Evidence Based Birth- along with her website is such a great resource for those birthing in the medical system.

Free Birth Society- With Emilee Saldaya she is a Radical Birth Keeper-This podcast certainly isn't for everyone but it has wonderful birth stories!

Magamama- She is really amazing, and SO passionate about postpartum and reclaiming our power as wimyn!

Taking Back Birth- With Maryn Green from Indie Birth-She has a lot of great info and great stories!

Yoga-Birth-Babies- Love this one! Informative and easy to listen to-with lots of great info!

### **Reusable Pads:**

<https://www.mamacloth.ca/about>

### **Sleep:**

Sleep Boss Inc.-Amanda Stairs- is super lovely and has a wealth of knowledge to help to get you and your little(s) to have happy, healthy sleeps!!!

[www.sleepboss.ca](http://www.sleepboss.ca)

[thesleepboss@gmail.com](mailto:thesleepboss@gmail.com)

506-478-3888

### **Vaccination Information:**

<https://www.sciencedirect.com/science/article/pii/S0946672X17300950?fbclid=IwAR2qhnUYB0Re m8ajfOoc3Ax59fqDQz8hPq-c4XjDge80ayDt7mwu2oB9bbU>

<https://vaccinechoiccanada.com/about-vaccines/vaccine-ingredients/?fbclid=IwAR0nRIZPo1CEe Nq-ru7RoffYkyZLao8aP9dH9ApauO6JYTGvrOZ1qPoxiCU>

<https://vaccine.guide/>



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<https://vaxxter.com/harvard-immunologist-demolishes-mandatory-vaccination-logic/?fbclid=IwAR1vtSucSWsNydaasT4dETWxQnLi1N-oKLDYWjTmBGw0lNyEeOjBkCMk>

### Web Resources:

[www.evidencebasedbirth.com](http://www.evidencebasedbirth.com)

[www.indiebirth.org](http://www.indiebirth.org)

[www.kellymom.com](http://www.kellymom.com)

<http://www.milescircuit.com/>

<https://spinningbabies.com/>

### Yoga:

Courtney's YouTube Channel @bhaktiwellness (Click the YouTube icon at the bottom of this page)

**\*\*\*READING LIST\*\*\*** Authors and more books to come..

The Birth Partner- Penny Simkin

Breastfeeding Made Simple- Nancy Mohrbacher (et al.)

Cunt- Inga Muscio (this is just about women empowerment not birth)

The Doula's Guide to Empowering Your Birth- Lindsay Bliss

The First Forty Days- Heng Ou

The Fourth Trimester- Kimberly Johnson

Gentle Birth, Gentle Mothering- Sarah Buckley

Gentle Birth Method- Dr. Gowri Motha

A Guide Through Your Hyperemesis Pregnancy- Krystal Brook

Ina May's Guide to Childbirth- Ina May Gaskin

Mindful Birthing- Nancy Bardacke





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The Mother of All Pregnancy Books- Ann Douglas

The Mother of All Baby Books- Ann Douglas

Taking Charge of Your Fertility- Dr. Toni Weschler

Une Naissance Heureuse- Isabelle Brabant