



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

[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

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/llc-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

<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

Dr. Hollie Brown*Specializes on women 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/>

Circumcision:

<https://www.yourwholebaby.org>

Helping you make informed choices!



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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>

Cassidy Wilson

Blue Spruce Counselling

[Blue Spruce Counselling & Consulting – Growth happens here.](#)

Cynthia Foster

506-304-3726

connect@cynthiastoster.ca

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

Nicole offers virtual counselling.

(506) 261-1033

https://www.facebook.com/pg/oakandcedarcounselling/services/?ref=page_internal

Rebekah Duval Counselling

Rebekah specializes in Perinatal Mental Health and Adoption/Parenting!

506-429-2960

rebekahduvalcounselling.com

ReConnect Health Moncton has a counsellor and a psychologist on their team who do virtual appointments:

[Psychology Services Moncton - Reconnect Health Centre - 25 Gorge Road](#)

Zenful Counselling

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



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Yoga!
506-260-8624
zenfulcounselling@gmail.com

Cranio-Sacral Therapy:

Courtney Mollins-Bidlake (ME, haha): [Book Online | ReConnect Health Centre](#)

Emily Durling
soulstarenergy@gmail.com

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

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

www.surfacefloat.com

Massage:



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Courtney Mollins-Bidlake- I specialize in Perinatal, infant and pediatric massage/creaniosacral therapy: [Book Online](#) | [ReConnect Health Centre](#)

Anna Clark- is a dear friend and also works with perinatal women. [Book Online](#) | [In Nature Wellness](#)

Janna Boucher-Is super lovely and specializes in perinatal and women's reproductive health
<https://reconnecthealth.ca/fredericton/our-team/>

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- loves working with babies

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



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Physiotherapy:

Pelvic Health and Physio-Kathy Best

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

Pelvic Health Physio-Lynn Sweeney

1015 Regent Street Unit 201

Fredericton, New Brunswick

OR

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 Physio-Sasha Mooney-Palmer or Sam Frenette

[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.



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[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!!

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!

Ressources francophones:

Comptes Instagram en français:

https://www.instagram.com/sarahhamel_psyoeducatrice?utm_source=ig_web_button_share_sheet&igsh=ZDNlZDc0MzIxNw==

https://www.instagram.com/amelie.petitmonde?utm_source=ig_web_button_share_sheet&igsh=ZDNlZDc0MzIxNw==



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Francobulles- est un groupe jeu gratuit pour les 0-5 ans accompagnés d'un adulte (le programme n'est pas actif en ce moment)- [Francobulles : apprendre le français tout en s'amusant - District scolaire francophone Sud](#)

Fredericton en français- [\(7\) Fredericton en français | Facebook](#)

Parle-Moi- a beaucoup de programmes pour les enfants/familles
[Parle-moi - District scolaire francophone Sud](#)

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

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/>

<https://vaxxter.com/harvard-immunologist-demolishes-mandatory-vaccination-logic/?fbclid=IwAR1vtSucSWsNydoDaasT4dETWxQnLi1N-oKLDYWjTmBGw0lNyEeOjBkCMk>

Web Resources:

www.evidencebasedbirth.com

www.indiebirth.org

www.kellymom.com

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



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<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

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



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