



## *NORTH BAY RESOURCES*

### CONSULTANTS & OTHER HELP

<p><b>Restful Parenting: Baby and Child Sleep Consultant</b> 1648 Jane St North Bay, ON P1B 3K1 (705) 845-9209 <a href="http://www.restfulparenting.com/">www.restfulparenting.com/</a></p>	<p><b>North Bay Babywearers</b> <a href="https://www.facebook.com/groups/225801164290010/">https://www.facebook.com/groups/225801164290010/</a></p>
<p><b>St. John Ambulance (First Aid &amp; CPR)</b> 375 Sherbrooke St North Bay, ON P1B 2B9 (705) 495-3626 <a href="http://www.sja.ca/English/Pages/default.aspx">http://www.sja.ca/English/Pages/default.aspx</a></p>	<p><b>Nurturing Hands Doula Service</b> Lesley Taylor – Certified Labour Doula 57 McLean Rd North Bay, ON P1A4H6 (705) 475-2979</p>
<p><b>Breastfeeding Support Group</b> North Bay Parry Sound District Health Unit 681 Commercial Street North Bay, Ontario P1B 4E7 (705) 474-1400 ext 2357 <a href="mailto:terry.smith@nbpsdhu.ca">terry.smith@nbpsdhu.ca</a> <a href="http://www.myhealthunit.ca/">www.myhealthunit.ca/</a></p>	<p><b>BRealFit - Brianna Campigotto</b> Holistic Nutrition 1180 Cassells Street North Bay, ON P1B 4B6 (613) 218 9133 <a href="http://brealfit.com/">http://brealfit.com/</a></p>
<p><b>Healthy Roots Nutrition and Wellness</b> Juliana Fuerst (705) 493- 9093 <a href="mailto:info@healthyrootsnutrition.ca">info@healthyrootsnutrition.ca</a> <a href="https://healthyrootsnutrition.ca/">https://healthyrootsnutrition.ca/</a></p>	<p><b>North Bay Cloth Diaper Swap/Sale</b> <a href="https://www.facebook.com/groups/29998155778/?fref=nf">https://www.facebook.com/groups/29998155778/?fref=nf</a></p>
<p><b>Lotus Oasis Thai Massage</b> 251 Northmount Rd North Bay, Ontario P1B 8G2 (705) 358-4971 <a href="https://www.facebook.com/pg/Lotus-Oasis-Thai-Massage-959115280852935/about/?ref=page_internal">https://www.facebook.com/pg/Lotus-Oasis-Thai-Massage-959115280852935/about/?ref=page_internal</a></p>	<p><b>Crystal RMT</b> Registered Message Therapy 152 King Street West North Bay, Ontario P1B 5Z7 (705) 493-2596 <a href="mailto:crystalrmt@gmail.com">crystalrmt@gmail.com</a> <a href="http://www.crystalrmt.com">http://www.crystalrmt.com</a></p>