

# Breastfeeding Help PETERBOROUGH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Breastfeeding Clinic 705-743-2121</b> <b>Peterborough Regional Health Centre (A6 – Room 110)</b> <ul style="list-style-type: none"> <li>Appointments available Monday – Friday, 11:00 a.m. to 4:00 p.m. Call ext. 8055 to book an appointment or telephone consultation with a Lactation Consultant.</li> </ul>		✓	✓	✓	✓	✓	
<b>Breastfeeding &amp; Well Baby Clinic 705-748-9144</b> <b>Peterborough Family Resource Centre, 201 Antrim Street</b> <ul style="list-style-type: none"> <li>Community Health Nurse/Lactation Consultant available for 1:1 support. <u>No appointment needed.</u> 10:00 a.m. to 12:00 p.m.</li> </ul>			✓		✓		
<b>CLOSED</b> July & August							
<b>Breastfeeding Support at Peterborough Public Health 705-743-1000</b> <b>Peterborough Public Health, Jackson Square, 185 King Street</b> <ul style="list-style-type: none"> <li>Appointments available for 1:1 breastfeeding assessments and consultations Monday and Wednesday 9:00 a.m. to 12:00 p.m. Call to book appointment.</li> <li>Telephone advice from the Family HEALTHline Monday to Friday 8:30 a.m. to 4:30 p.m.</li> </ul>		✓		✓			
		✓	✓	✓	✓	✓	
<b>La Leche League 705-740-6188</b> <ul style="list-style-type: none"> <li>Telephone Support: Breastfeeding information and support by telephone from trained facilitators (year round).</li> <li>Drop-in Support Groups meet at the <b>Peterborough Family Resource Centre</b> (September - June). <ul style="list-style-type: none"> <li>✓ 2<sup>nd</sup> Thursday of the month at 5:30 p.m. (free dinner)</li> <li>✓ 4<sup>th</sup> Thursday of the month at 10:00 a.m.</li> </ul> </li> </ul>	✓	✓	✓	✓	✓	✓	✓
					✓		
<b>Telehealth Breastfeeding 1-866-797-0000</b> <ul style="list-style-type: none"> <li>Telephone support and breastfeeding help from a Registered Nurse 24 hours a day.</li> </ul>	✓	✓	✓	✓	✓	✓	✓
<b>Kawartha Birth and Lactation 705-772-8861</b> <ul style="list-style-type: none"> <li>In home or hospital consultations provided by a Registered Lactation Consultant (fee for service). Free telephone support.</li> </ul>	✓	✓	✓	✓	✓	✓	✓
<b>Lactation Support by Elly 705-761-2838</b> <ul style="list-style-type: none"> <li>In home or hospital consultations provided by a Registered Nurse/Lactation Consultant (fee for service).</li> </ul>	✓	✓	✓	✓	✓	✓	✓

## Additional Supports

- For breastfeeding clinics in Lindsay call **1-866-888-4577**, ext. 5003

## Motherisk 1-877-439-2744

- Information about the risk or safety of medications, herbs, diseases, or chemicals while breastfeeding.

For more information, call **705-743-1000**

