Breastfeeding Help
PETERBOROUGH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breastfeeding Clinic **705-743-2121** **Peterborough Regional Health Centre** (A6 – Room 110) • 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.		✓	✓	✓	✓	✓	
Breastfeeding & Well Baby Clinic **705-748-9144** **Peterborough Family Resource Centre**, 201 Antrim Street			✓		✓		
• Community Health Nurse/Lactation Consultant available for 1:1 support. No appointment needed. 10:00 a.m. to 12:00 p.m.	**CLOSED JULY**						
Breastfeeding Support at Peterborough Public Health **705-743-1000** **Peterborough Public Health**, Jackson Square, 185 King Street							
• 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.		✓		✓			
• Telephone advice from the Family HEALTH*line* Monday to Friday 8:30 a.m. to 4:30 p.m.		✓	✓	✓	✓	✓	
La Leche League **705-740-6188**							
• Telephone Support: Breastfeeding information and support by telephone from trained facilitators (year round).	✓	✓	✓	✓	✓	✓	✓
• Drop-in Support Groups meet at the **Peterborough Family Resource Centre** (September - June).							
✓ 2nd Thursday of the month at 5:30 p.m. (free dinner) ✓ 4th Thursday of the month at 10:00 a.m.					✓		
Telehealth Breastfeeding **1-866-797-0000**							
• Telephone support and breastfeeding help from a Registered Nurse 24 hours a day.	✓	✓	✓	✓	✓	✓	✓
Kawartha Birth and Lactation **705-772-8861**							
• In home or hospital consultations provided by a Registered Lactation Consultant (fee for service). Free telephone support.	✓	✓	✓	✓	✓	✓	✓
Lactation Support by Elly **705-761-2838**							
• In home or hospital consultations provided by a Registered Nurse/Lactation Consultant (fee for service).	✓	✓	✓	✓	✓	✓	✓

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.

PETERBOROUGH Breastfeeding Coalition
Breastfeeding Matters

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