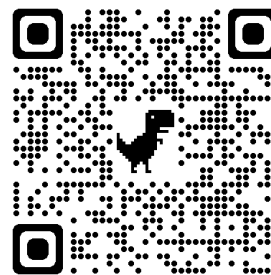


# Breastfeeding Help PETERBOROUGH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b><u>PRHC Breastfeeding Clinic</u> 705-740-8055</b> Peterborough Regional Health Centre, Pediatric Outpatient Clinic <ul style="list-style-type: none"> <li>Breastfeeding Clinic at Pediatric Outpatient Clinic Monday-Saturday, 11:00 a.m. - 4:00 p.m.</li> <li>Free telephone support with a Lactation Consultant Monday-Saturday, 8:00 a.m. - 3:00 p.m.</li> </ul>		✓	✓	✓	✓	✓	✓
<b><u>Breastfeeding &amp; Well Baby Clinic</u> 705-748-9144</b> Peterborough Child and Family Centres, 201 Antrim Street, Peterborough <ul style="list-style-type: none"> <li>Community Health Nurse/Lactation Consultant available for free 1:1 support</li> <li>No appointment needed. Tuesdays and Thursdays, 10:00 a.m. - 12:00 p.m.</li> <li>Telephone support also available</li> </ul> <b>NOTE: Closed in July</b>			✓		✓		
<b><u>La Leche League Peterborough</u> 705-749-8861</b> <ul style="list-style-type: none"> <li>Telephone or virtual support: Free breastfeeding information and support from trained facilitators (year-round)</li> <li>Drop-in Support Groups meet at the Peterborough Child and Family Centres, 201 Antrim Street (except July and August)                             <ul style="list-style-type: none"> <li>2<sup>nd</sup> Thursday of the month. Free dinner at 5:30 p.m. Support chat from 6:30 - 8:00 p.m.</li> <li>4<sup>th</sup> Thursday of the month from 10:00 a.m. - 12:00 p.m.</li> </ul> </li> </ul>	✓	✓	✓	✓	✓	✓	✓
<b><u>Kawartha Birth and Lactation</u> 705-749-8861</b> Mel Neal, International Board Certified Lactation Consultant <ul style="list-style-type: none"> <li>In home or hospital consultations (including oral assessment)</li> <li>Fee for service, free telephone support <a href="mailto:nealclan@nexicom.net">nealclan@nexicom.net</a></li> </ul>	✓	✓	✓	✓	✓	✓	✓
<b><u>Lactation Support by Elly</u> 705-761-2838</b> Elly Hartwick, International Board Certified Lactation Consultant <ul style="list-style-type: none"> <li>By appointment only, fee for service with receipts <a href="http://lactationsupportbyelly.ca">lactationsupportbyelly.ca</a></li> </ul>	✓	✓	✓	✓	✓	✓	✓
<b><u>Maternal Infant Lactation Consulting</u> 705-930-0381</b> Susan Howlett, International Board Certified Lactation Consultant <ul style="list-style-type: none"> <li>Home visit option (fee for service)</li> <li>Call or book an appointment online <a href="http://milc.help">milc.help</a></li> <li>Virtual OHIP-covered services <a href="http://ontariobreastfeedingclinic.ca">ontariobreastfeedingclinic.ca</a></li> </ul>		✓	✓	✓	✓	✓	✓
<b><u>Health811</u> Dial: 811 or <a href="http://Health811.ontario.ca">Health811.ontario.ca</a></b> <ul style="list-style-type: none"> <li>Free breastfeeding help from a Registered Nurse 24 hours a day</li> </ul>	✓	✓	✓	✓	✓	✓	✓

## Additional Supports and Information

- Free Prenatal Breastfeeding Class 705-748-9144  
(5 times/year - Peterborough Child and Family Centres)
- Free telephone support in City of Kawartha Lakes, call 1-866-888-4577, ext. 5003
- International Breastfeeding Centre [lbconline.ca](http://lbconline.ca)
- Breastfeeding matters booklet, [free download](#)



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