

Breastfeeding Help PETERBOROUGH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Breastfeeding Clinic</u> 705-743-2121 ext. 8055 or 2235 Peterborough Regional Health Centre</p> <ul style="list-style-type: none"> Outpatient Breastfeeding Clinic at Pediatric Outpatient Clinic Monday – Saturday, 11:00 a.m. – 4:00 p.m. Free telephone support with a Lactation Consultant Monday - Saturday, 8:00 a.m. – 3:00 p.m. 		✓	✓	✓	✓	✓	✓
<p><u>Breastfeeding & Well Baby Clinic</u> 705-748-9144 Peterborough Child and Family Centres, 201 Antrim Street, Peterborough</p> <ul style="list-style-type: none"> Community Health Nurse/Lactation Consultant available for free 1:1 support. No appointment needed. Tuesdays and Thursdays, 10:00 a.m. - 12:00 p.m. Telephone support also available. NOTE: Closed in July. 			✓		✓		
<p><u>Maternal Infant Lactation Consulting</u> 705-930-0381 Susan Howlett IBCLC</p> <ul style="list-style-type: none"> Home visit option (fee for service). Call or book an appointment on-line https://milc.help/ Text BOOKNOW to 1-877-822-1105 for a virtual IBCLC Lactation Consult and you can request Susan Howlett If you prefer virtual OHIP-covered services, go to https://ontariobreastfeedingclinic.ca/ A referral is required from your healthcare provider: Midwife, Physician or Nurse Practitioner (form on website) 		✓	✓	✓	✓	✓	✓
<p><u>La Leche League</u> 705-749-8861</p> <ul style="list-style-type: none"> Telephone Support: Breastfeeding information and support by telephone from trained facilitators (year round). Drop-in Support Groups meet at the Peterborough Child and Family Centres (except July and August) <ul style="list-style-type: none"> ✓ 2nd Thursday of the month at 5:30 p.m. (free dinner) ✓ 4th Thursday of the month at 10:00 a.m. 	✓	✓	✓	✓	✓	✓	✓
<p><u>Lactation Support by Elly</u> 705-761-2838</p> <ul style="list-style-type: none"> By appointment only, fee for service with receipts. 	✓	✓	✓	✓	✓	✓	✓
<p><u>Telehealth Breastfeeding</u> 1-866-797-0000</p> <ul style="list-style-type: none"> Free telephone support and breastfeeding help from a Registered Nurse 24 hours a day. 	✓	✓	✓	✓	✓	✓	✓
<p><u>Kawartha Birth and Lactation, Mel Neal, LC</u> 705-749-8861</p> <ul style="list-style-type: none"> In home or hospital consultations (including oral assessment) provided by a certified Lactation Consultant (fee for service). Free telephone support. 	✓	✓	✓	✓	✓	✓	✓

Additional Supports and Information

- Breastfeeding matters book, [free download](#)
- Free telephone support in City of Kawartha Lakes, call **1-866-888-4577, ext. 5003**

COVID-19 Information for Parents

www.peterboroughpublichealth.ca

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

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Created by Peterborough Public Health for the Peterborough Breastfeeding Coalition.

