

Breastfeeding Help PETERBOROUGH

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 1:1 appointment with Lactation Consultant or ext. 2735 for telephone advice.
- Book Sunday appointments with Registered Nurse 3:30 p.m. to 4:30 p.m. call ext. 8055.

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.

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 HEALTHline 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

- Free telephone consultations and in-home consultations provided by a Registered Lactation Consultant (fee for service).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
✓	✓	✓	✓	✓	✓	
		✓		✓		
CLOSED July & August						
	✓		✓			
	✓	✓	✓	✓	✓	
✓	✓	✓	✓	✓	✓	✓
				✓		
✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓

Additional Supports

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**

August 2016

Created by Peterborough Public Health for the Peterborough Breastfeeding Coalition.