

Breastfeeding Help PETERBOROUGH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>PRHC Breastfeeding Clinic</u> 705-740-8055 Peterborough Regional Health Centre, Pediatric Outpatient Clinic - Breastfeeding Clinic at Pediatric Outpatient Clinic Monday-Saturday, 8:00 a.m. - 4:00 p.m. - For free in person and telephone support		✓	✓	✓	✓	✓	✓
<u>Breastfeeding & Well Baby Clinic</u> 705-748-9144 Peterborough Child and Family Centres, 201 Antrim Street, Peterborough - 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			✓		✓		
<u>La Leche League Peterborough</u> 705-749-8861 - Telephone or virtual support: Free breastfeeding information and support from trained facilitators (year-round) - Drop-in Support Groups meet at the Peterborough Child and Family Centres, 201 Antrim Street (except July and August) 2nd Thursday of the month. Free dinner at 5:30 p.m. Support chat from 6:30 - 8:00 p.m. 4th Thursday of the month from 10:00 a.m. - 12:00 p.m.	✓	✓	✓	✓	✓	✓	✓
<u>Kawartha Birth and Lactation</u> 705-749-8861 Mel Neal, International Board Certified Lactation Consultant - In home or hospital consultations (including oral assessment) - Fee for service, free telephone support nealclan@nexicom.net	✓	✓	✓	✓	✓	✓	✓
<u>Lactation Support by Elly</u> 705-761-2838 Elly Hartwick, International Board Certified Lactation Consultant By appointment only, fee for service with receipts lactationsupportbyelly.ca	✓	✓	✓	✓	✓	✓	✓
<u>Maternal Infant Lactation Consulting</u> 705-930-0381 Susan Howlett, International Board Certified Lactation Consultant - Home visit (fee for service) call or book online: milc.help - Virtual or clinic visits in Peterborough and Lindsay, book online: ontariobreastfeedingclinic.ca		✓	✓	✓	✓	✓	✓
<u>Let's Go Baby</u> 905-872-9895 Anina Knudsen, International Board Certified Lactation Consultant - Available for in home and telephone support - Fee for service Letsgobabyptbo@outlook.com	✓	✓	✓	✓	✓	✓	✓
<u>Health811</u> Dial: 811 or Health811.ontario.ca Free breastfeeding help from a Registered Nurse 24 hours a day	✓	✓	✓	✓	✓	✓	✓

Additional Supports and Information

- Free Prenatal Birth and Breastfeeding Basics Class 705-748-9144 (Peterborough Child and Family Centres)
- Free telephone support in City of Kawartha Lakes, call 1-844-575-4567
- International Breastfeeding Centre ibconline.ca
- Breastfeeding matters booklet, [free download](#)



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