

COVID-19 Temporary Calendar Breastfeeding Help PETERBOROUGH

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breastfeeding Clinic 705-743-2121 ext. 8055 or 2235 Peterborough Regional Health Centre <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. 		✓	✓	✓	✓	✓	✓
Breastfeeding & Well Baby Clinic 705-748-9144 Peterborough Child and Family Centres <ul style="list-style-type: none"> Community Health Nurse/Lactation Consultant available for free 1:1 support by appointment. Tuesdays, Wednesdays, Thursdays, 10:00 a.m. - 12:00 p.m. Call to book an appointment. Free telephone support, Tuesday – Friday, 9:00 a.m. to 4:30 p.m. 			✓	✓	✓	✓	
Breastfeeding Support at Peterborough Public Health 705-743-1000 Peterborough Public Health <ul style="list-style-type: none"> Free telephone support from a Public Health Nurse on the Family HEALTHline. Monday - Friday, 8:30 a.m. - 4:30 p.m. 		✓	✓	✓	✓	✓	
La Leche League 705-740-6188 <ul style="list-style-type: none"> Free telephone support from trained facilitators. Free Zoom meetings (two per month). 	✓	✓	✓	✓	✓	✓	✓
Telehealth Breastfeeding 1-866-797-0000 <ul style="list-style-type: none"> Free telephone support and breastfeeding help from a Registered Nurse 24 hours a day. 	✓	✓	✓	✓	✓	✓	✓
Kawartha Birth and Lactation 705-772-8861 <ul style="list-style-type: none"> Free telephone support from a Lactation Consultant. Skype and other video messaging used to provide breastfeeding support (fee for service). 	✓	✓	✓	✓	✓	✓	✓
Lactation Support by Elly 705-761-2838 <ul style="list-style-type: none"> Free telephone support from a Lactation Consultant. Skype and other video messaging used to provide breastfeeding support (fee for service). Monday - Friday, 10:00 a.m. - 7:00 p.m. 		✓	✓	✓	✓	✓	

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

- www.peterboroughpublichealth.ca/breastfeedinghelp

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

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Created by Peterborough Public Health for the Peterborough Breastfeeding Coalition.

