

Breastfeeding Supports & Resources

Fredericton Region

Clinics	Online Support	Program												
<p>Dr. Everett Chalmers Regional Hospital</p> <p>Breastfeeding Clinic and Mother/Baby</p> <p>Appointment only Monday to Sunday 8:30 to 4:30 Call: 452-5878</p>	<p>Provincial Facebook page www.facebook.com/BreastfeedingNB.AllaitementNB</p> <p>La Leche League Canada www.facebook.com/LLLCFredericton</p> <p>Resources on infant care and feeding www.gnb.ca/healthypeople</p> <p>A New Life online modules https://nb.unvanl.ca (English) https://nb.unvanl.ca/fr (French)</p>	<p>Public Health Healthy Families, Healthy Babies</p> <p>Contacting families by phone and Zoom.</p> <p>For further information, call: 444-4866</p>												
Prenatal Classes	Breastfeeding Support Groups	Help Lines												
<p>Classes may be offered differently during the pandemic</p> <p>Family Resource Centres Some classes offered via Zoom or in person with COVID restrictions in place. Please call for the most current classes offered.</p> <p>Fredericton Region 474-0252</p> <p>Chipman (Care 'n' Share) 339-6726</p> <p>Free! The Prenatal Breastfeeding Class online version gnb.ca/breastfeeding</p> <p>New Brunswick Public Libraries Books and e-books on breastfeeding http://www.gnb.ca/publiclibraries</p>	<p>Call for information as some groups have resumed at the Family Resource Centres with precautions in place</p> <table border="1" data-bbox="521 892 1239 1392"> <thead> <tr> <th>DAY</th> <th>TIME</th> <th>LOCATION</th> </tr> </thead> <tbody> <tr> <td><i>Tuesday</i></td> <td>9-12 pm Drop-in group with COVID-19 precautions</td> <td>Military Family Resource Centre Oromocto Call: 357-4922</td> </tr> <tr> <td><i>Wednesday</i></td> <td>Currently Not Available</td> <td>Fredericton Downtown Community Health Centre Call: 452-5683</td> </tr> <tr> <td><i>Friday</i></td> <td>Currently Not Available</td> <td>Nashwaaksis Public Library Call Public Health: 444-4866</td> </tr> </tbody> </table> <p>Grand Lake Area: For information call or text 327-5261</p> <p>La Leche League Canada – Fredericton Monthly virtual meetings on the 2nd Monday of each month. Support by phone, email, message or video by sending an email. For information/time/link contact: www.facebook.com/LLLCFredericton Fredericton@LLLC.ca</p>	DAY	TIME	LOCATION	<i>Tuesday</i>	9-12 pm Drop-in group with COVID-19 precautions	Military Family Resource Centre Oromocto Call: 357-4922	<i>Wednesday</i>	Currently Not Available	Fredericton Downtown Community Health Centre Call: 452-5683	<i>Friday</i>	Currently Not Available	Nashwaaksis Public Library Call Public Health: 444-4866	<p>La Leche League Canada – Fredericton Jo-Anne, Lara, Emma: Fredericton@LLLC.ca (bilingual)</p> <p>Dr. Everett Chalmers Regional Hospital 452-5878 (available daily 24 hours)</p> <p>Public Health - Fredericton Monday to Friday 8:30 to 16:30 444-4866</p> <p>Telecare - 811 24 hours a day, 7 days a week</p> <p>Fredericton Downtown Community Health Centre 452-5683</p>
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