

Breastfeeding Supports & Resources

Saint John/South West Region

Clinics	Online Support	Program																		
<p>Saint John Regional Hospital Daily 8:00 am - 4:00 pm</p> <p>Call for appointment 648-6379 or 1-877-405-1011</p>	<p>Provincial Facebook page www.facebook.com/BreastfeedingNB.AllaitementNB</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>Saint John: 658-2454 Hampton/Sussex: 432-2003 or 1-800-545-8008 St-George: 755-4022 Grand Manan: 662-7024 St-Stephen: 466-7504</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>Saint John: 633-2182 Charlotte County: 465-8181 Sussex (Kings): 433-2349</p> <p>Saint John Regional Hospital For up to date information, call: 648-6198 or 648-6379 for information about breastfeeding classes</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. Phone support available in most areas</p> <table border="1"> <thead> <tr> <th>LOCATION</th> <th>DAY/TIME</th> <th>CONTACT INFO</th> </tr> </thead> <tbody> <tr> <td>Saint John YMCA (191 Churchill Blvd)</td> <td>Call for information</td> <td>Public Health 658-2454 or Mother Baby Clinic 648-6379</td> </tr> <tr> <td>Sussex Kings County Family Resource Centre (617 Main St)</td> <td>Call for information</td> <td>433-2349</td> </tr> <tr> <td>La Leche League Sussex Call for information</td> <td>Contact Erin for information</td> <td>Erin 871-0939 kingscounty@LLLC.ca</td> </tr> <tr> <td>Saint John Call for information Virtual support meetings via Zoom</td> <td>Contact Carolyn (call, text or email)</td> <td>Carolyn 566-5641 SaintJohn@LLLC.ca</td> </tr> <tr> <td>St.Stephen Public Health Services (41 King St)</td> <td>Call for information</td> <td>466-7504</td> </tr> </tbody> </table>	LOCATION	DAY/TIME	CONTACT INFO	Saint John YMCA (191 Churchill Blvd)	Call for information	Public Health 658-2454 or Mother Baby Clinic 648-6379	Sussex Kings County Family Resource Centre (617 Main St)	Call for information	433-2349	La Leche League Sussex Call for information	Contact Erin for information	Erin 871-0939 kingscounty@LLLC.ca	Saint John Call for information Virtual support meetings via Zoom	Contact Carolyn (call, text or email)	Carolyn 566-5641 SaintJohn@LLLC.ca	St.Stephen Public Health Services (41 King St)	Call for information	466-7504	<p>La Leche League Canada</p> <p>Sussex Erin 871-0939 kingscounty@LLLC.ca Saint John (text or call) Carolyn 566-5641 SaintJohn@LLLC.ca</p> <p>Saint John Regional Hospital 648-6379 or 1-877-405-1011</p> <p>Public Health Mon-Fri 8:30 am-4:30 pm</p> <p>Saint John: 658-2454 Hampton/Sussex: 432-2003 or 1-800-545-8008 St-George: 755-4022 Grand Manan: 662-7024 St-Stephen: 466-7504</p> <p>Telecare – 811 24 hours/day, 7 days/week</p>
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