

# Breastfeeding Supports & Resources

## Upper River Valley Region

Clinics	Online Support	Program									
<p><b>Upper River Valley Hospital</b> Mother/Baby Clinic Monday to Friday 8:30 to 16:30</p> <p>Call for appointment 375-2611</p> <p><b>Tobique Valley Community Health Center</b></p> <p>Monday to Friday 8:00 to 20:00</p> <p>Call for an appointment 356-6600</p>	<p><b>Provincial Facebook page</b> <a href="http://www.facebook.com/BreastfeedingNB.AllaitementNB">www.facebook.com/BreastfeedingNB.AllaitementNB</a></p> <p><b>Upper River Valley Breastfeeding Support Facebook Page</b> <a href="https://www.facebook.com/Upper-River-Valley-Breastfeeding-Support-906550309403435/">https://www.facebook.com/Upper-River-Valley-Breastfeeding-Support-906550309403435/</a></p> <p><b>La Leche League Canada</b> <a href="http://www.lllc.ca">www.lllc.ca</a></p> <p><b>Resources on infant care and feeding</b> <a href="http://www.gnb.ca/healthypeople">www.gnb.ca/healthypeople</a></p> <p><b>A New Life online modules</b> <a href="https://nb.unvanl.ca/">https://nb.unvanl.ca/</a> (English) <a href="https://nb.unvanl.ca/fr">https://nb.unvanl.ca/fr</a> (French)</p>	<p><b>Public Health</b> Healthy Families &amp; Healthy Babies- Woodstock Call 325-4630 or 1-888-829-6444</p> <p><b>Valley Family Resource Centre</b> Breast pump rental Office 325-2299 Sue McLaughlin: Cell: 323-9292</p> <p><b>Upper River Valley Hospital</b> Breast pump lending: 375-2610 or 375-2611</p>									
Prenatal Classes	Breastfeeding Support Groups	Help Lines									
<p>Classes may be offered differently during the pandemic</p> <p><b>Upper River Valley Hospital</b> For information, call 375-2610</p> <p><b>Family Resource Centres</b> Some classes offered via Zoom or in person with COVID restrictions in place. Please call for the most current classes offered.</p> <p><b>Valley Family Resource Centre:</b> 325-2299</p> <p><b>Free! The Prenatal Breastfeeding Class online version</b> <a href="http://gnb.ca/breastfeeding">gnb.ca/breastfeeding</a></p> <p><b>New Brunswick Public Libraries</b> Books and e-books on breastfeeding <a href="http://www.gnb.ca/publiclibraries">http://www.gnb.ca/publiclibraries</a></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 1003 1182 1604"> <thead> <tr> <th>WHAT</th> <th>DAY/TIME</th> <th>LOCATION</th> </tr> </thead> <tbody> <tr> <td><b>Mom 2 Mom Support Group</b> (Zoom or in-person) Ask questions about breastfeeding and infant feeding</td> <td>3rd Thursday of each month 1:30-2:30 p.m.</td> <td><b>Second Wind Music Centre</b> in Florenceville Bristol or on Zoom Call Sue for Zoom link &amp; schedule. 323-9292</td> </tr> <tr> <td>Several Programs for new parents, call for more info</td> <td>Call 325-2299 Or visit <a href="https://www.facebook.com/ValleyFRC">https://www.facebook.com/ValleyFRC</a> Or <a href="https://vfrc.ca/home">https://vfrc.ca/home</a></td> <td><b>Valley Family Resource Centre</b> 110 Richmond St. Unit 1 Woodstock, NB</td> </tr> </tbody> </table>	WHAT	DAY/TIME	LOCATION	<b>Mom 2 Mom Support Group</b> (Zoom or in-person) Ask questions about breastfeeding and infant feeding	3rd Thursday of each month 1:30-2:30 p.m.	<b>Second Wind Music Centre</b> in Florenceville Bristol or on Zoom Call Sue for Zoom link & schedule. 323-9292	Several Programs for new parents, call for more info	Call 325-2299 Or visit <a href="https://www.facebook.com/ValleyFRC">https://www.facebook.com/ValleyFRC</a> Or <a href="https://vfrc.ca/home">https://vfrc.ca/home</a>	<b>Valley Family Resource Centre</b> 110 Richmond St. Unit 1 Woodstock, NB	<p><b>Upper River Valley Hospital</b> 375-2611</p> <p>Available daily 24 hours</p> <p><b>Public Health Woodstock</b> Monday to Friday 8:30 to 16:30 325-4630 or 1-888-829-6444</p> <p><b>Telecare - 811</b> 24 hours a day, 7 days a week</p>
WHAT	DAY/TIME	LOCATION									
<b>Mom 2 Mom Support Group</b> (Zoom or in-person) Ask questions about breastfeeding and infant feeding	3rd Thursday of each month 1:30-2:30 p.m.	<b>Second Wind Music Centre</b> in Florenceville Bristol or on Zoom Call Sue for Zoom link & schedule. 323-9292									
Several Programs for new parents, call for more info	Call 325-2299 Or visit <a href="https://www.facebook.com/ValleyFRC">https://www.facebook.com/ValleyFRC</a> Or <a href="https://vfrc.ca/home">https://vfrc.ca/home</a>	<b>Valley Family Resource Centre</b> 110 Richmond St. Unit 1 Woodstock, NB									

March 2022