

Breastfeeding Supports & Resources

Fredericton Region

Clinics	Online Resources	Public Health
<p>Dr. Everett Chalmers Regional Hospital</p> <p>Postpartum and Breastfeeding Clinic</p> <p>Staff can answer questions about you and your baby by phone 24 hours a day, 7 days a week</p> <p>To book an in-person appointment</p> <p>Call: 506-452-5878 Monday to Sunday 8:30 to 4:30</p>	<p>Provincial Facebook page www.facebook.com/BreastfeedingNB.AllaitementNB</p> <p>La Leche League Fredericton www.facebook.com/LLLCFredericton https://www.lllc.ca/fredericton-virtual</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</p> <p>If you have questions or need information about your new baby or young family, Public Health can help. Contact us for more information.</p> <p>Fredericton and Surrounding area Call: 506-444-4866</p> <p>Or visit: https://horizonnb.ca/services/public-health/</p>
Classes	Support Groups	Help Lines
<p>Family Resource Centres Many classes for pregnant people and parents with children aged 0-6 years via Zoom or in-person. Please call for the most current classes offered.</p> <p>Fredericton Region 506-474-0252</p> <p>Chipman (Care 'n' Share) 506-339-6726</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>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: https://www.facebook.com/LLLCFredericton Email: Fredericton@LLLC.ca</p> <p>Military Family Resource Centre Oromocto Various Programs Call: 506-357-4922 for more information</p> <p>Fredericton Downtown Community Health Centre Various programs Call: 452-5683</p> <p>Grand Lake Area: For information call or text 327-5261</p>	<p>La Leche League Canada – Fredericton Jo-Anne, Lara, Emma: Email: Fredericton@LLLC.ca (bilingual)</p> <p>Public Health Fredericton Staff are available to answer questions about feeding your baby or child. Support by phone available Monday- Friday 8:30 am - 4:30 pm Call: 506-444-4866</p> <p>Fredericton Downtown Community Health Centre Call: 506-452-5683</p> <p>Telecare – 811 Dial 811 to speak with a healthcare professional 24-hours a day/7 days a week for any health-related questions</p>

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