

# Breastfeeding Supports & Resources

## Miramichi Region

Clinics	Online Resources	Public Health
<p><b>Miramichi Regional Hospital</b> Healthy Beginnings and Post-partum clinic Monday to Friday 8:00 am to 4:00pm Appointments will be made prior to hospital discharge</p> <p>For more information call: 506-623-3279 or 506-623-3205 (after hours)</p>	<p><b>Provincial Facebook page</b> <a href="https://www.facebook.com/BreastfeedingNB.AllaitementNB">www.facebook.com/BreastfeedingNB.AllaitementNB</a></p> <p><b>Northumberland Baby-Friendly Initiative Facebook page</b> <a href="https://www.facebook.com/BFINorthumberland/">https://www.facebook.com/BFINorthumberland/</a></p> <p><b>Miramichi Breastfeeding Moms Facebook page</b> <a href="https://www.facebook.com/groups/659867974063446/">https://www.facebook.com/groups/659867974063446/</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></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>Miramichi: 506-778-6102 Neguac: 506-776-3824</p> <p>Or visit: <a href="https://horizonnb.ca/services/public-health/">https://horizonnb.ca/services/public-health/</a></p>
Classes	Support Groups	Help Lines
<p><b>Family Resource Centre</b> 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><b>Miramichi Area (A Family Place)</b> 506-622-5103</p> <p><b>Breastfeeding Classes:</b> In person and virtually, by request ( Call 506-778-6102 to register)</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><b>Family Place Resource Centre</b> For current information on programs, check the Facebook page or call 506-622-5103  <a href="https://www.facebook.com/groups/afamilypacemiramichi/1217698631623264/">https://www.facebook.com/groups/afamilypacemiramichi/1217698631623264/</a></p> <p><b>Baby and You Drop In</b> Talk with a healthcare provider regarding your specific feeding concerns and needs. You may also gather and socialize with other families.</p> <p>Wednesdays at Chatham Public Library 130-4pm</p>	<p><b>Public Health &amp; Primary Care</b></p> <p>Gillian Woodman (Community Lactation Consultant) <b>Call or text:</b> 506-626-0086</p> <p><b>Public Health</b> Staff are available to answer questions about feeding your baby or child.</p> <p>Support by phone available Monday- Friday 8:30 am - 4:30 pm</p> <p>Miramichi: 506-778-6102 Neguac: 506-776-3824</p> <p><b>Telecare- 811</b> Dial <b>811</b> to speak with a healthcare professional 24-hours a day/7 days a week for any health-related questions</p>

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