

Breastfeeding Supports & Resources

Saint John/South West Region

Clinics	Online Resources	Public Health												
<p>Saint John Regional Hospital Postpartum Clinic</p> <p>Staff can answer questions about you and your baby 24 hours a day, 7 days a week</p> <p>A Lactation Consultant is available by appointment Daily 8:00 am - 4:00 pm</p> <p>Call: 506-648-6379 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</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>Saint John: 506-658-2454 Hampton/Sussex: 506-432-2003 or 1-800-545-8008 St-George: 506-755-4022 Grand Manan: 506-662-7024 St-Stephen: 506-466-7504</p> <p>Or visit: https://horizonnb.ca/services/public-health/</p>												
Classes	Support Groups	Help Lines												
<p>Saint John Regional Hospital For up to date information, call: 506-648-6198 or</p> <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>Saint John: 633-2182 Charlotte County: 465-8181 Sussex (Kings): 433-2349</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>	<table border="1"> <thead> <tr> <th>LOCATION</th><th>DAY/TIME</th><th>CONTACT INFO</th></tr> </thead> <tbody> <tr> <td>Sussex Kings County Family Resource Centre (617 Main St)</td><td>Call for information</td><td>506-433-2349</td></tr> <tr> <td>La Leche League Sussex-Sussex Library</td><td>Breastfeeding Support Group Sussex: 2nd Tuesday of each month at 10</td><td>Erin 506-871-0939 kingscounty@LLLC.ca</td></tr> <tr> <td>St.Stephen Public Health Services (41 King St)</td><td>Call for information</td><td>506-466-7504</td></tr> </tbody> </table>	LOCATION	DAY/TIME	CONTACT INFO	Sussex Kings County Family Resource Centre (617 Main St)	Call for information	506-433-2349	La Leche League Sussex-Sussex Library	Breastfeeding Support Group Sussex: 2nd Tuesday of each month at 10	Erin 506-871-0939 kingscounty@LLLC.ca	St.Stephen Public Health Services (41 King St)	Call for information	506-466-7504	<p>La Leche League Canada Sussex Erin 871-0939 kingscounty@LLLC.ca</p> <p>Public Health 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>Saint John: 506-658-2454 Hampton/Sussex: 506-432-2003 or 1-800-545-8008 St-George: 506-755-4022 Grand Manan: 506-662-7024 St-Stephen: 506-466-7504</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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November 2023