

Breastfeeding Supports & Resources

Upper River Valley Region

Clinics	Online Resources	Public Health									
<p>Upper River Valley Hospital Lactation Clinic</p> <p>A Lactation Consultant is available by appointment Monday to Friday 8:30 am to 4:30 pm</p> <p>Call to book: 506-375-2610</p> <p>Tobique Valley Community Health Center</p> <p>Monday to Friday 8:00 am to 8:00 pm</p> <p>Call for an appointment: 506-356-6600</p>	<p>Provincial Facebook page www.facebook.com/BreastfeedingNB.AllaitementNB</p> <p>Upper River Valley Breastfeeding Support Facebook Page https://www.facebook.com/Upper-River-Valley-Breastfeeding-Support-906550309403435/</p> <p>La Leche League Canada www.lllc.ca</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>Woodstock and Surrounding Areas Call (Toll Free): 1-888-829-6444</p> <p>Or visit: https://horizonnb.ca/services/public-health/</p>									
Classes	Support Groups	Help Lines									
<p>Upper River Valley Hospital Prenatal Clinic For information, call 506-375-2610</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>Valley Family Resource Centre: 506-325-2299</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>WHAT</th><th>DAY/TIME</th><th>LOCATION</th></tr> </thead> <tbody> <tr> <td>Parenting Support Group (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>Second Wind Music Centre in Florenceville Bristol or on Zoom Call Sue for Zoom link & schedule: 506-323-9292</td></tr> <tr> <td>Valley Family Resource Centre Several Programs for new parents, call for more info</td><td>Call 506-325-2299 Or visit: https://www.familyresourcecentre.ca/Vall Or https://vfrc.ca/home</td><td>Valley Family Resource Centre 110 Richmond St. Unit 1 Woodstock, NB</td></tr> </tbody> </table> <p>***Breast Pump Rental Office : 506-325-2299 Sue McLaughlin : 506-323-9292 Sue.mclaughlin@frc-crf.com</p>	WHAT	DAY/TIME	LOCATION	Parenting Support Group (Zoom or in-person) Ask questions about breastfeeding and infant feeding	3rd Thursday of each month 1:30-2:30 p.m.	Second Wind Music Centre in Florenceville Bristol or on Zoom Call Sue for Zoom link & schedule: 506-323-9292	Valley Family Resource Centre Several Programs for new parents, call for more info	Call 506-325-2299 Or visit: https://www.familyresourcecentre.ca/Vall Or https://vfrc.ca/home	Valley Family Resource Centre 110 Richmond St. Unit 1 Woodstock, NB	<p>Upper River Valley Hospital Staff can answer questions about you and your baby 24 hours a day, 7 days a week. Call: 506-375-2611</p> <p>Public Health Woodstock Staff are available to answer questions about feeding your baby or child</p> <p>Support is available Monday-Friday 8:30 am - 4:30 pm Call: 506-325-4630 or 1-888-829-6444</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>
WHAT	DAY/TIME	LOCATION									
Parenting Support Group (Zoom or in-person) Ask questions about breastfeeding and infant feeding	3rd Thursday of each month 1:30-2:30 p.m.	Second Wind Music Centre in Florenceville Bristol or on Zoom Call Sue for Zoom link & schedule: 506-323-9292									
Valley Family Resource Centre Several Programs for new parents, call for more info	Call 506-325-2299 Or visit: https://www.familyresourcecentre.ca/Vall Or https://vfrc.ca/home	Valley Family Resource Centre 110 Richmond St. Unit 1 Woodstock, NB									

November 2023