

## Hastings Prince Edward Public Health Programs

### Food for You: Food for Two

Food for You: Food for Two is a free, weekly drop-in program for pregnant moms who need extra support. It is offered in Bancroft on Tuesdays from 10:00 am to 12:00 pm and in Trenton on Wednesdays from 10:00 am to 12:00 pm. To assist pregnant women in meeting their nutritional requirements, we provide nutrition education, food/milk, and vitamin supplements free of charge. Breastfeeding support, transportation and child care are also available.

### Healthy Babies Healthy Children

Healthy Babies Healthy Children (HBHC) is a voluntary home visiting program for expectant parents and families with young children up to age 6. The program promotes healthy child development, and provides information about breastfeeding, infant feeding, baby care, and community resources.

### Prenatal Breastfeeding Education Session

This session is part of HPEPH's prenatal education series. It offers the information and skills to get you off to a great start with breastfeeding. To register for the series, please call us, or to register online, visit our website at [www.hpepublichealth.ca](http://www.hpepublichealth.ca) (click on *Clinics and Classes*, then *Prenatal Education*).

### Child and Reproductive Health CARELine

A public health nurse is available to answer questions and provide breastfeeding support by telephone. Information about other child health topics is also available.

### Baby Feeding Drop-In

A public health nurse will provide brief one-to-one support and information.

- Breastfeeding support and reassurance that baby is feeding well
- Just drop in to Public Health – no appointment needed during Drop-In times

**Belleville** – Mondays 1:30 to 3:30 pm / **Quinte West** – Thursdays 1:30 – 3:30 pm

### Breastfeeding Consultations

Breastfeeding families can receive support for breastfeeding challenges during an in-person consultation. These take place at a Public Health office by appointment only. Consultations can help you develop an individualized breastfeeding plan and provide guidance in areas such as: latch problems, sore nipples and concerns about milk production.

## Other Supports

Motherisk	<a href="http://www.motherisk.org">www.motherisk.org</a>	1-416-813-6780	
Telehealth Ontario (24-hour breastfeeding support)	<a href="http://www.ontariobreastfeeds.ca">www.ontariobreastfeeds.ca</a>	1-866-797-0000	TTY: 1-866-797-0007
Unlock Food (Formerly Eat Right Ontario)	<a href="http://www.unlockfood.ca">www.unlockfood.ca</a>		

For more  
information about  
any of these  
services call  
Public Health  
at  
613-966-5500  
or 1-800-267-2803  
TTY: Dial 711

## Community Breastfeeding Peer Support Groups

### Belleville and South Hastings County

#### Family Space Infant Feeding Club

Family Space (OEYC) – 100 Station Street, Belleville: 613-966-9427  
Tuesdays, 11:30 am to 1:00 pm

#### Tyendinaga Breastfeeding Circle

5701 Old Highway 2, Shannonville  
Tuesdays, 10:30 am to 12:00 pm  
Sara Maracle, IBCLC, Mary McCauley, RN: 613-967-3603 ext. 122

### Central Hastings County

#### Cradling Arms Groups (not just for breastfeeding moms)

Madoc – Wednesdays, 9:30 to 11:30 am at St. Peter's Presbyterian Church  
Marmora – Thursdays, 9:30 to 11:30 am at Earl Prentice Public School  
Tweed – Tuesdays, 9:30 to 11:30 am at Tweed Municipality Building

### North Hastings County

#### Breastfeeding Support Group

North Hastings Children's Services (OEYC), 20 Hastings Heritage Way, Bancroft  
Last Wednesday of the month, 6:00 to 7:30 pm  
Meryl Hall, RPN, Bancroft Family Health Team: 613-332-6783 ext. 232  
or 613-332-1565 (mhall@bancroffht.com)

### Prince Edward County

#### Babeez'n Arms (not just for breastfeeding moms)

Wellington United Church, 243 Main Street, Wellington - Mondays, 11:00 am to 1:00 pm  
Peggy Neil, RN, Family Outreach Nurse  
Prince Edward Family Health Team; 613-476-0400 ext. 238

### Facebook Groups

#### Quinte Area Breastfeeding Mamas

#### Breastfeeding Friendly Quinte

#### Belleville Babywearing

#### Live, Love, LATCH!

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Hastings Prince Edward Public Health does not necessarily endorse information provided by these groups. Public Health endeavours to provide accurate information; however, this resource may contain inaccuracies.

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For assistance please call 613-966-5500; TTY: 711 or email [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca).  
For more information, please visit [www.hpepublichealth.ca](http://www.hpepublichealth.ca)

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