



HASTINGS PRINCE EDWARD
Public Health

Breastfeeding Supports

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 (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 www.motherisk.org 1-416-813-6780

Telehealth Ontario www.ontariobreastfeeds.ca 1-866-797-0000 TTY: 1-866-797-0007
(24-hour breastfeeding support)

Unlock Food (Formerly Eat Right Ontario) www.unlockfood.ca

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 – Mondays, 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

Healthy Beginnings and Breastfeeding Support Group

The Rick Hotston Centre - Ontario Early Years Centre, 5 McFarland Drive, Picton
Breastfeeding Support: Wednesdays 9:00 am to 3:00 pm
Joanne Veenstra, RN: joannev@thehubcentre.ca 613-476-8142

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!

We are committed to providing accessible publications, programs and services to all. For assistance please call 613-966-5500; TTY: 711 or email accessibility@hpeph.ca.

For more information, please visit www.hpepublichealth.ca

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.