



FREE breastfeeding help *is available whenever you need it.*

BREASTFEEDING SUPPORT GROUPS

IN-PERSON + ONLINE

- ✓ Connect with other parents and share your tips, challenges and successes.
- ✓ A **PUBLIC HEALTH NURSE (RN)** is available at every group to provide support and answer breastfeeding and new parent questions.

For Breastfeeding Support Group dates, times and locations visit:



smdhu.org/BreastfeedingGroups

TELEPHONE and VIRTUAL SUPPORT

Monday to Friday 8:30am - 4:30pm

Chat with a **PUBLIC HEALTH NURSE (RN)**

705-721-7520 or 1-877-721-7520

smdhu.org/HealthConnection

All day every day (24/7, 365 days/year)

Chat with a **NURSE (RN)**

or **LACTATION CONSULTANT**

Call **811** or chat online

health811.ontario.ca