

Breastfeeding Supports & Resources

Miramichi Region

Clinics	Online Support	Program
<p>Miramichi Regional Hospital Healthy Beginning and Post-partum clinic Monday to Friday 8:00 to 16:00 Appointments will be made prior to hospital discharge</p>	<p>Provincial Facebook page www.facebook.com/BreastfeedingNB.AllaitementNB</p> <p>Northumberland Baby-Friendly Initiative Facebook page https://www.facebook.com/BFINorthumberland/</p> <p>Miramichi Breastfeeding Moms Facebook page https://www.facebook.com/groups/659867974063446/</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 Healthy Families, Healthy Babies</p> <p>For current information, call:</p> <p>Miramichi: 778-6102 Neguac: 776-3824</p>
Prenatal Classes	Breastfeeding Support Groups	Help Lines
<p>Classes may be offered differently during the pandemic</p> <p>Family Resource Centres Some classes offered via Zoom or in person with COVID restrictions in place. Please call for the most current classes offered.</p> <p>Miramichi Area (A Family Place) 622-5103</p> <p>Virtual Breastfeeding Classes with Gillian! Call or text 626-0086 to register</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>	<p>Call for information as some groups have resumed at the Family Resource Centres with precautions in place. Phone support available in most areas</p> <p>Family Place Resource Centre For current information on programs, check the Facebook page or call 622-5103</p> <p>https://www.facebook.com/groups/afamilyplacemiramichi/1217698631623264/</p>	<p>Public Health & Primary Care</p> <p>Gillian (Lactation Consultant) 626-0086</p> <p>Or</p> <p>Public Health staff about infant feeding concerns: Monday to Friday 8:30 to 16:30</p> <p>Miramichi: 778-6102 Neguac: 776-3824</p> <p>Tele-care - 811 24 hours a day, 7 days a week</p>

March 2022