



- Seeking the friendship and support of other breastfeeding women?
- Interested in the help & support of a public health nurse?

Join us at:



Where to Get Breastfeeding Help Simcoe Muskoka District Health Unit:

(Monday to Friday, 8:30am-6:00pm)
721-7520 or 1-877-721-7520

- talk one-to-one with a public health nurse
- ask about a home visit with a public health nurse
- find out more about 'The Breastfeeding Place'
- find out about prenatal Breastfeeding Classes
- get connected with other resources in your community

Working together to promote, support and protect breastfeeding...

Simcoe County District Health Unit

The Royal Victoria Hospital

Collingwood General & Marine Hospital

Orillia Soldiers' Memorial Hospital

Ontario Early Years Centre

Huron District Hospital

Stevenson Memorial Hospital

La Leche League

Family Physicians

Consumers

Midwives

SIMCOE MUSKOKA DISTRICT HEALTH UNIT

CALL OR CLICK:

HEALTH CONNECTION

Your Link to Health Information

■ 721-7520 ■ 1-877-721-7520

■ www.simcoemuskokahealth.org

The Breastfeeding Place



**A Weekly Drop-In Program
for
Breastfeeding Families**

**SIMCOE MUSKOKA
DISTRICT
HEALTH UNIT**

The Breastfeeding Place offers families:

- mom-to-mom support in a friendly family atmosphere
- a chance to talk about breastfeeding and other child care concerns
- one-to-one help and support from a public health nurse
- free loan of breast pumps on a short term trial basis
- prenatal help and advice about breastfeeding

Locations:

ALLISTON

BARRIE

COLLINGWOOD

MIDLAND

ORILLIA

Call Health Connection to find out more about the Breastfeeding Place in your area



Comments from women who have attended:

... “As a first time mother, The Breastfeeding Place has provided support, information and new friendships. (We are now into our 6th month of breastfeeding with no plans to stop in the near future.)”

... “It’s great for the mom who doesn’t have a lot of family or support.”

... “It’s great to meet with other mothers who experienced the same difficulties & successes.”

... “I always go home with new ideas. It’s a great place!”

... “My baby enjoyed coming as well to see the other babies.”

... “I liked having a public health nurse there every week to be able to ask questions and work on suggestions she gave.”