

Recommended Websites

Follow us on our blog: ckphu.com
www.facebook.com/ckpublichealth
www.twitter.com/ckpublichealth

For further information go to:

www.chatham-kent.ca (Health & Social Services/Public Health)

www.lllc.ca (La Leche League Canada)

www.nbc.ca (Newman Breastfeeding Clinic and Institute)

www.kellymom.com (Breastfeeding & Parenting)

Baby Friendly Area

Real Canadian Superstore

Comfortable area on Mezzanine level to feed your baby.

Change tables in both Men's and Women's Washrooms for your convenience



Breast Pump Depots & Supplies

Shopper's Drug Mart
30 McNaughton, Wallaceburg
519.627.2204

Shopper's Home Health
406 St. Clair Street, Chatham
519.351.7272

IDA Drug Stores
49 Talbot Street West, Blenheim
519.676.5467

Certified Holistic Lactation Consultant
Kerri Zandberg, RN, BScN, IBCLC, RLC
Through Mother Nurture
Breastfeeding Support Service
519.352.0251

- Private in-home consultations
- Fee for service:
please inquire about fees when you call

BREASTFEEDING

SUPPORT

SERVICES



 **Public Health**

BREASTFEEDING SUPPORT SERVICES IN CHATHAM-KENT

**Chatham-Kent
Public Health Unit**
519.352.7270, ext. 2903
Monday-Friday
8:30 a.m. - 4:30 p.m.

- Public Health Nurses are available
 - ⇒ to visit nursing mothers in their homes
 - ⇒ to give phone advice:
Monday - Friday
8:30 a.m. - 4:30 p.m.
 - ⇒ to provide information on area clinics and postpartum groups
- Prenatal classes
- Lactation Consultants on staff
Call to make an appointment

After Hours Support

La Leche League - Chatham Group
Meetings 2nd Wednesday of the month
at 10:00 a.m. at the YMCA

Leaders:

Britanie 519.365.8191 Christa 519.436.8321
Jenn 519.352.6190 Suzanne 519.352.5026



LLLChathamGroup@gmail.com
<http://facebook.com/lllchatham>



Provides information, encouragement and support for expectant and nursing women

Telehealth Ontario
24/7 Breastfeeding Supports
1.866.797.0000

Baby Weigh In Clinics

Bring your baby and a Public Health Nurse will weigh your baby and answer your questions about feeding, safety, etc.

- **EarlyON Child & Family Centre**
Queen Elizabeth School
79 Eugenie Street, **Chatham**
Every Friday
12:30 -2:00 p.m.
(except holidays)
- **EarlyON Child & Family Centre**
St. Elizabeth School
1350 Bertha Street, **Wallaceburg**
Every Monday 10:00 - 11:30 a.m.
(except holidays)

Held Monthly at the EarlyON Child & Family Centres

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BLENHEIM - 1st Thursday - 10:00 - 11:00 a.m.
W.J. Baird, 182 King Street

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BOTHWELL - 2nd Wednesday - 10:00 - 11:00 a.m.
Bothwell Baptist Church, 280 Peter Street North

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DRESDEN - 2nd Monday - 10:00 - 11:00 a.m.
Lambton Kent Composite School, 231 George St. N.

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RIDGETOWN - 4th Friday - 10:00 - 11:00 a.m.
St. Michaels Catholic School, 25 Maple Street

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THAMESVILLE - 3rd Wednesday - 10:00 - 11:00 a.m.
EarlyON Child & Family Centre, 90 Graham Street

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TILBURY - 1st Tuesday - 10:00 - 11:00 a.m.
St. Joseph's Separate School, 43 St. Clair Street

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WHEATLEY - 3rd Wednesday - 10:00 - 11:00 a.m.
Wheatley Branch - Chatham Kent Public Library,
35 Talbot Road West

Drop-In Parenting Support

As Parent & Baby Grow

A parent and baby group discussing various topics for babies under 9 months of age.

EarlyON Child & Family Centre
St. Elizabeth School
1350 Bertha Street, **Wallaceburg**

2nd & 4th **Thursday** of each month
10:00 - 11:30 a.m.

Refuge Breastfeeding Clinic

All prenatal and breastfeeding mothers with babies are welcome to drop in. Come for breastfeeding help or just a coffee and a chat.

Refuge
39 Grand Avenue West
Chatham

2nd & 4th **Thursday** of each month
1:00 - 3:00 p.m.

