

BREASTFEEDING CHALLENGES

WHERE TO GO FOR HELP

If you need help with sore nipples, sore breasts, latch problems, yeast or thrush, too little or too much milk, fussy baby, concern about baby's weight gain or any other concern.

Johnstone Crossing Community Health Centre – 403.356.6363

- A public health nurse (PHN) will direct your call to a PHN with breastfeeding expertise or a Lactation Consultant. When you leave a message please clearly state your name and phone number and the PHN will make every effort to contact you by 4:30 p.m. the same day.
- Or call Karen Taylor, Lactation Consultant
403.356.6444 (Monday, Wednesday and Friday)

Breastfeeding Mothers Group

- You can get individual help from a PHN and support from other breastfeeding mothers. Drop-in anytime during the hours listed.
- Tuesdays from 1:30 p.m. – 2:30 p.m.
New Life Fellowship Church, 20 Kelloway Cr., Red Deer
- Thursdays from 10:00 a.m. – 11:00 a.m.
Sunnybrook United Church, 12 Stanton St., Red Deer

La Leche League

- For 24 hour telephone support from accredited leaders call **403.348.1829**.
- Drop-in meetings for information and support:
 - **Red Deer** Second Monday of the month at 7:00 p.m.
Tiny Tots Playschool, 4030 Embury Cr. (skate shelter behind Joseph Welch School)
 - **Lacombe** Second Friday of the month at 10:00 a.m.
Parent Link Centre
 - **Olds** Third Wednesday of the month at 10:00 a.m.
Olds Scout Hall

Family doctor or doctor at a walk-in clinic



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