



Breastfeeding Resources in New Brunswick

Mental Health and Addictions Services by Region

- Telephone- 1-800-667-5005
- <https://www2.gnb.ca/content/gnb/en/departments/health/AddictionsandMentalHealth.html>

Find a Local Family Resource Centre Near You

- Find a wealth of resources & supports about breastfeeding. Find a centre closest to you by using the link below. Programs vary per centre.
- <https://nb.211.ca/results/?searchLocation=Nackawic&topicPath=567&latitude=45.99709&longitude=-67.2369>

Healthy Families, Healthy Babies

- Free, confidential pre- and post-natal home visiting program for children up to 2 years old in which breastfeeding support is included.
- Toll-free: 1-888-820-5444
- Email- Community_447@HorizonNB.ca
- <https://www.vitalitenb.ca/en/points-service/public-health/healthy-families-healthy-babies-early-childhood-initiatives>

Find Breastfeeding Supports Near You

- https://www2.gnb.ca/content/gnb/en/departments/ocmoh/healthy_people/content/bfi/BreastfeedingSupportServices.html

Breastfeeding and Baby-Friendly Initiative

- Strategy to protect, promote and support breastfeeding and improve the quality of healthcare for women/birthing parents, babies and families. Ask about this in the hospital or during your post-natal appointments.
- https://www2.gnb.ca/content/gnb/en/departments/ocmoh/healthy_people/content/bfi.html

Tips on Breastfeeding Your Baby

- https://www2.gnb.ca/content/dam/gnb/Departments/h-s/pdf/en/HealthyPeople/BFI/Breastfeeding_Your_Baby.pdf



Breastfeeding Resources in New Brunswick

Tips for Fathers and Partners

- https://www.wellnessnb.ca/wp-content/uploads/2019/05/Breastfeeding-Fact-Sheet_Partner_ENG.pdf

New Brunswick-Based Community Resources During Pregnancy and After Birth

- <https://www.sparrowdoulaservices.com/community-resources>

Postnatal Benefit Program

- This program offers financial aid for new mothers to offset the increased cost of food. This benefit (\$60/month) may be paid to eligible new mothers for a maximum of four months after the birth of their baby.
- https://www2.gnb.ca/content/gnb/en/services/services_renderer.201137.Postnatal_Benefit_Program.html#serviceLocation

211 New Brunswick

- Find community, government and social services depending on your specific needs.
- Telephone- 211
- <https://nb.211.ca/search/>



For more information...

To learn more about resources available in each Atlantic province, visit www.fasdNL.ca/resources.