



Breastfeeding Buddies

Free drop in program
Friday 9:30 am - 11:30 am
Oshawa Community Health Centre
FREE Childcare and Refreshments

Pregnant? Breastfeeding?

‘Make new friends
who are sharing
similar experiences’

What is a Breastfeeding Buddy?

- Trained peer facilitators who have significant breastfeeding experience
- Understanding, caring people to listen, respond and provide non-judgemental support
- Provides links to community breastfeeding and parenting resources

Expecting a New Baby?

- Learn why and how to breastfeed
- Create a breastfeeding support circle
- You have what it takes to Breastfeed!



Breastfeeding Buddies

Friday
9:30 am - 11:30 am
115 Grassmere Ave
Oshawa

Breastfeeding Buddies

- A peer based program to support new and expecting moms
- Informal parenting discussions facilitated by a Breastfeeding Buddy
- Support and encouragement from other breastfeeding moms
- Public Health Nurse available to help with any concerns



**For more information call:
Durham Health Connection Line
905-666-6241
www.durham.ca**

or

**Oshawa Community Health Centre
905-723-0036 ext 241 or
www.ochc.ca
info@ochc.ca
Charitable Registration #
119158137 RR001**



**Oshawa
Community
Health Centre**



**HEALTH
DEPARTMENT**