

# COMMUNITY SUPPORT FOR MOMS AND MOMMIES TO BE

## BIRTH CAFÉ & BABY CAFÉ

Are you expecting a new baby?  
Have you had a baby during the last year?

Join us for mother to mother support, friendship and information

VIRTUAL MEETUPS (ZOOM)  
WEEKLY  
FREE DROP IN

Watch our Facebook page for drop in updates  
[www.facebook.com/pentictonbreastfeedingcafe/](http://www.facebook.com/pentictonbreastfeedingcafe/)

Or contact us directly at:  
[emilie@okanagandoula.com](mailto:emilie@okanagandoula.com)  
250-328-8244



*Our community support groups are going virtual in response to covid19.*

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*Now more than ever, it is important to stay connected.*

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*We are in this together!*

## PUBLIC HEALTH MATERNITY CARE

Postpartum and breastfeeding support services continue with some modifications:

**Phone call the day after discharge and as needed\***

**Home, clinic or virtual (Zoom) 1:1 as needed**

\*Midwifery clients continue to be followed by the midwives

### Rural Health Centers:

M-F 8:30-4pm

Contact info at [www.interiorhealth.ca](http://www.interiorhealth.ca)

### Penticton Public Health Maternity Care:

7 days a week 8:30-4pm

250-770-3418



## LA LECHE LEAGUE CANADA

Breastfeeding knowledge, support and community

*Because breastfeeding isn't always easy, we're here to help*

### Virtual meetups

**3rd Tuesday of each month 10am-noon**

**FREE DROP IN**

Also, telephone support anytime!

Contact Sandra for details:

[pentictonllc@gmail.com](mailto:pentictonllc@gmail.com)

250-494-1894

