

# Would you like a Breastfeeding Buddy?

A breastfeeding Buddy is a mother who breastfed and who can provide telephone support to new or expectant mothers by:

- ❖ Listening and providing encouragement
- ❖ Responding to questions and concerns
- ❖ Sharing experiences
- ❖ Connecting you to appropriate resources and services



For more information or to register, please contact:  
**Renfrew County Breastfeeding Buddies coordinator**  
at the Early Years Centre - Pembroke  
613-735-6866 Ext: 4129