

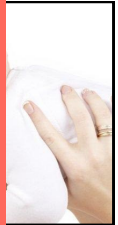


PARENT CHILD DROP-INS, UNDER ONE CLUBS & BABY AND ME

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pembroke 2nd & 4th MONDAY Jubilee Place 1144 Lea Street 1:15 p.m.—2:30 p.m.	Renfrew Every TUESDAY Renfrew Public Library 13 Railway Avenue 1:30 p.m.—4:00 p.m.	Petawawa Every WEDNESDAY PMFRC Southside Community Centre 1578 Wolfe Avenue 1:30 p.m.—3:00 p.m.	Calabogie 2nd THURSDAY Greater Madawaska Public Library 12629 Lanark Road 10:30 a.m.—11:30 a.m. *closed for July/August	Pembroke Every FRIDAY Pembroke Public Library 237 Victoria Street 10:00 a.m.—11:30 a.m.

PLEASE NOTE: All Parent Child Drop-Ins, Under One Clubs & Baby and Me Clinics are suspended until further notice.

For assistance, please contact the Family Health Intake Line at 613-735-8651, Ext. 589 or 1-800-267-1097, Ext. 589



FREE DENTAL CLINIC
 Call Dental Services
 613-735-8661
 familyhealth@rcdhu.com
 for your child's First
 Tooth or First
 check up

***All Drop-Ins are closed on statutory holidays**

Legend:
 -Parent Child Drop-ins are shown in **blue**
 -Under One Clubs & Baby and Me are shown in **green**

EarlyON Child & Family Centre Pembroke 464 Isabella Street 1:30 p.m.—3:00 p.m.	St. Andrew's United Church 1774 Beachburg Road 10:00 a.m.—11:00 a.m. *closed for July/August
Deep River Every TUESDAY St. Mary's Separated School 33110 D Hwy 17 E 1:30 p.m.—3:00 p.m.	Eganville 3rd WEDNESDAY Grace Lutheran Church 14 Bonnechere Street West 10:00 a.m.—11:00 a.m. *closed for July/August
Barry's Bay 1st TUESDAY St. John Bosco School 99 Peter Street 10:00 a.m.—11:00 a.m. *closed for July/August	

Parent Child Drop-ins are for children from birth to 6 years of age

Under One Clubs & Baby and Me are for children from birth to 12 months of age

Family Health Intake Line: 613-735-8651, Ext. 589 or 1-800-267-1097, Ext. 589
www.rcdhu.com



BREASTFEEDING SUPPORT IS AVAILABLE

BREASTFEEDING SUPPORT GROUPS:

Come out to receive one-on-one breastfeeding support and counselling provided by a breastfeeding specialist. Open to all, no appointment needed.

Petawa

- ⇒Every 1
- ⇒Petawa
- ⇒Conta

Pembro

- ⇒Every 1
- ⇒West C
- ⇒Conta

PLEASE NOTE: All Breastfeeding Support Groups are suspended until further notice.

To speak to a Breastfeeding Lactation Support PHN, please contact the Family Health Intake Line at 613-735-8651, Ext. 589 or 1-800-267-1097, Ext. 589

IN-HOME BREASTFEEDING SUPPORT:

Speak to a Public Health Nurse, Monday to Friday 8:30 a.m. to 4:00 p.m.

- ⇒**Pembroke and area**: call 613-735-8651, Ext. 589 or 1-800-267-1097, Ext. 589
- ⇒**Renfrew and Arnprior areas**: call 613-432-5853 or 1-800-465-5000

Notes/Reminders...

