

La Leche League Hawkes Bay

☎ Mobile: Text or call 0220811622 to contact LLL Hawke's Bay leaders (internationally accredited breastfeeding counsellors who have breastfed their own children)

🌐 Website for detailed info:

lalecheleague.org.nz/Hawkesbay

✉ Email: HawkesBay@lalecheleague.org.nz

[Facebook.Com/LLLHB](https://www.facebook.com/LLLHB)

Meetings twice a month (2nd Wed - Support, 4th Wed - Enrichment) plus monthly Facebook meetings (last Tues of each month)

Te Taiwhenua O Heretaunga

06 871 5350 or 0508 TAMARIKI

Breastfeeding peer support person (offers home visits)

Pepi and Kai HB (Hastings)

Hastings: Fridays 1pm-3.30pm

Heretaunga Womens Centre, cnr Eastbourne & Russell Streets, Hastings.

Ph: 0277374524

[Facebook.com/pepiandkaihb](https://www.facebook.com/pepiandkaihb)

Free for community service card holders, or \$10 donation to support the service from others would be appreciated.

CHB Parents Centre

Free lactation consultant service – 8am-6pm daily, Phone Ann – 06 857 3844 or Text only – 027 279 6204

CHB Breastfeeding Peer Support

Tilly 027 217 4894

Hawkes Bay Breastfeeding Support Services

2020



Kahungunu Executive ki te Wairoa Charitable Trust – 06 838 6835

Plunket Gisborne - 06 867 7711

Plunket Community Hub – 06 870 5009
Lactation Consultant Service – Vicky Kitchin providing in home visits 0272490647
Eligibility criteria applies

Pepi and Kai HB (Napier)

Napier: Thursdays 1pm-3.30pm

The Midwifery Centre, 234 Kennedy Rd
Ph: 0277374524

[Facebook.com/pepiandkaihb](https://www.facebook.com/pepiandkaihb)

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Private lactation consultancy services

Discuss options with your LMC or Well Child Nurse or

<https://www.nzlca.org.nz/find-a-lactation-consultant>

Te Taiwhenua O Heretaunga

06 871 5350 or 0508TAMARIKI

Pepi Café/Mums Group -

Fortnightly every Thursday, 10am-12pm, Te Whare Pukenga – 68

Geddis Ave, Maraenui

Mama Aroha resource:

bit.ly/MamaArohaBreastfeedingResource

Plunketline Video Conferencing Breastfeeding Support Service
Available nationally - call 0800 933 922

globalhealthmedia.org/videos/breastfeeding/

24/7 services:

Plunketline – 0800 933 922

Healthline – 0800611 116

www.breastfednz.co.nz or BreastFedNZ free phone app