

Dear Community Partners,

Hope this message finds you safe and well.

We are pleased to share how Toronto Public Health (TPH) is continuing to support families amidst the COVID-19 pandemic response.

1) Online Self-Referrals

- Clients can self-refer to receive telephone support with breastfeeding and or postpartum coping from a Public Health Nurse by completing an online form on the TPH website:
 - www.toronto.ca/breastfeeding/services
 - www.toronto.ca/breastfeeding-clinics
 - www.toronto.ca/feeding-your-infant
 - www.toronto.ca/babys-first-year
 - www.toronto.ca/postpartum-depression-and-anxiety

Clients can also contact TPH Intake Monday to Friday by:

- Live chat: Toronto.ca/health/eChat (8:30 am – 4:00 pm)
- E-mail: PublicHealth@toronto.ca (8:30 am – 4:30 pm)
- Phone: 416-338-7600 (8:30am - 4:30pm)

2) Virtual Breastfeeding Support

- TPH is now offering virtual breastfeeding support (VBS) to clients if needed.
- VBS will be offered to parents with assessed breastfeeding issues that cannot be resolved through telephone counselling.
- Access to interpreters is available

Please feel free to contact myself at margaret.sum@toronto.ca or Marcia Bicette at marcia.bicette@toronto.ca if you have any questions.

Thank you,
Margaret.

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