

## Breast Friends

Speak with a trained Breastfeeding Peer Counsellor 027 390 2841

8am – 7pm 7 days a week

## Wairarapa Hospital Maternity Te Ore Ore Road Masterton

06 946 9800 Extn 4107

Lactation Consultant Rietha De Coning 021 515 990

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## Whaiora 5 Park Street Masterton

Tamariki Ora Nurses 06 370 0818 0800 494 246

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## Wairarapa Plunket Nurses 24 Worksop Road Masterton

Plunket Line Available 24 hours, 7 days a week 0800 933 922

Masterton 06 377 4592

Carterton 06 379 8153

South Wairarapa 06 308 9767

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## La Leche League Leader Isa Pike 06 379 8748

Anna Hull 0272246419

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Parents Centre Julia 06 379 7380 021 368 636

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Health line 24 hours, 7 days a week 0800 611 116

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## Helpful Websites

[www.whaiora.org.nz](http://www.whaiora.org.nz)

[www.plunket.org.nz](http://www.plunket.org.nz)

[www.lowmilksupply.org](http://www.lowmilksupply.org)

[www.biologicalnurturing.com](http://www.biologicalnurturing.com)

[www.wairarapamaternity.org.nz](http://www.wairarapamaternity.org.nz)

[www.lalecheleague.org.nz/wairarapa](http://www.lalecheleague.org.nz/wairarapa)

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