



Feeding Your Child

For more resources on feeding your baby, see our Infant Nutrition (<http://www.rcdhu.com/healthy-living/infant-nutrition/>) page.

For any questions or concerns, please call the Family Health Intake Line at 613-735-9774 (**direct line**) or 1-800-267-1097 ext. 589 (**toll-free**) from 8:00 a.m. to 4:00 p.m. Monday through Friday.

Let's Grow Clinics

RCDHU is offering by appointment **Let's Grow Clinics**. Spend one-on-one time with a Public Health Nurse and get support as well as answers to your questions about feeding, sleeping, crying and other parenting topics. Children 0-18 months can also receive their routine immunizations at Let's Grow clinics. Clinics are open to families with children age zero to transition to school.

Clinic locations:

- Pembroke
- Renfrew
- Arnprior
- Barry's Bay

For more information and to book an appointment:

Call: the Family Health Intake Line at 613-735-9774 (direct line) or 1-800-267-1097 ext. 589 (toll-free), or

Email: familyhealth@rcdhu.com.

Pembroke Office

141 Lake Street, Pembroke, Ontario K8A 5L8

Phone: 613-732-3629

Toll Free: 1-800-267-1097

Fax: 613-735-3067

Hours of Operation

Monday to Friday, 8 a.m. - 4 p.m.

Renfrew Service Hub (By Appointment Only)

120 Plaunt Street South, Renfrew, Ontario, K7V 1M5

Services offered by appointment only. (<https://www.rcdhu.com/calendar/>)

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