

# LANGUAGE MATTERS



"When I first came to Canada, English was very hard for me. So when my baby was born and I needed help, my friend told me to call Breastfeeding Buddies. The first time my buddy called me I felt so relieved!

**BECAUSE SHE SPOKE MY  
LANGUAGE, I WAS ABLE TO  
GET THE HELP I NEEDED**

phone: 519-772-1016

email: [bfbuddies@kdchc.org](mailto:bfbuddies@kdchc.org)

**SHARE YOUR LANGUAGE**



breastfeeding  
buddies

Funded by Kitchener Downtown CHC and Region of Waterloo Public Health and Emergency Services

PASSIONATE ABOUT HELPING  
OTHERS? **SHARE YOUR VOICE**  
BE A BREASTFEEDING BUDDY.