

Community Supports – Breastfeeding

Telephone

Leeds, Grenville & Lanark District Health Unit:

Public Health Nurse,
Mon to Fri,
8:30am - 4:30pm
1-800-660-5853

Health811:

Get FREE
breastfeeding advice
and referrals 24 hours
a day, seven days
a week by visiting
[Health811](https://health811.org/) or calling
811.

La Leche League:

Ontario
(613) 238-5919
www.lllc.ca
Free app from iTunes
for iPod, iPhone or
iPad

Resources

Breastfeeding Matters:

[https://resources.
beststart.org/product/
b04e-breastfeeding-
matters-book/](https://resources.beststart.org/product/b04e-breastfeeding-matters-book/)

My Breastfeeding

Guide: [https://resources.
beststart.org/product/
b20e-my-breastfeeding-
guide-booklet/](https://resources.beststart.org/product/b20e-my-breastfeeding-guide-booklet/)

One-On-One

No Cost

Healthy Babies Healthy Children (HBHC) Home Visiting Program:

Home visits by Public Health Nurses in Leeds, Grenville and Lanark 1-800-660-5853 ext. 2467

Infant Feeding Clinics:

Prenatal education and postpartum breastfeeding consultations. Book an appointment here: [https://reservation.
frontdesksuite.ca/lgldhu/infantfeeding](https://reservation.frontdesksuite.ca/lgldhu/infantfeeding) or by calling us at 1-800-660-5853 ext. 2467.



- **Almonte:** 79 Spring St., Thursdays
- **Brockville:** 458 Laurier Blvd., Tuesdays & Thursdays
- **Carleton Place:** Carambeck Community Centre, 351 Bridge St., Tuesdays
- **Kemptville:** 2675 Concession Rd., Wednesdays
- **Smiths Falls:** 25 Johnston St., Mondays & Fridays

Public Health Nurse available for breastfeeding consultations at Baby Talk groups as listed below. Call 1-800-660-5853 or visit <https://healthunit.org/clinics-classes/baby-talk/> for more information. Please note, Public Health Nurses attend each group once per month.

- **Almonte**
- **Brockville**
- **Carleton Place**
- **Gananoque**
- **Kemptville**
- **Perth**
- **Prescott**
- **Smiths Falls**

Groups

La Leche League Groups:

- **Brockville (virtual)**
Typically meets 2nd Monday of the month
<https://www.lllc.ca/brockville-virtual>
- **Kemptville**
4th Thursday 10:00a.m. at the North Grenville Public Library, Tallman Room, 1 Water St.
<https://www.lllc.ca/lllc-winchester-kemptville>

LGBTQ2S (Virtual)

<https://www.lllc.ca/lgbtq2s-virtual>

Fee for Service

To find a Lactation Consultant in Private Practice in your area:

Canadian Lactation Consultant Association

<https://www.clca-accl.ca/Find-an-IBCLC-in-your-area>

International Lactation Consultant Association

<https://www.ilca.org/why-ibclc/falc>

OHIP Covered Services (with referral):

Ontario Breastfeeding Clinic

<https://ontariobreastfeedingclinic.ca/>

*note - services may be covered by OHIP if referral completed by physician, midwife, or nurse practitioner.

Dr. Lindsay Webster (Kingston)

Breastfeeding Assessments available by referral through LGL Public Health

Websites/Media

Leeds, Grenville & Lanark District Health Unit

[https://healthunit.org/
health-information/
babies-children/infant-
feeding/](https://healthunit.org/health-information/babies-children/infant-feeding/)

The Bilingual Online Ontario Breastfeeding Services

[www.
ontariobreastfeeds.ca](http://www.ontariobreastfeeds.ca)

Dr. Jack Newman, MD, FRCPC

<https://ibconline.ca/>

Hand Expression Video

[http://med.stanford.
edu/newborns/
professional-
education/
breastfeeding/hand-
expressing-milk.html](http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html)

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