

Community Supports – Breastfeeding

Telephone

Leeds, Grenville & Lanark District Health Unit:

Public Health Nurse,
Mon to Fri,
8:30am - 4:30pm
1-800-660-5853 ext. 2467

Health811:

Get FREE breastfeeding advice and referrals 24 hours a day, seven days a week by visiting Health811 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/>

My Breastfeeding

Guide: <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/lglldhu/infantfeeding> or by calling us at 1-800-660-5853 ext. 2467.



- **Almonte:** 79 Spring St.
- **Brockville:** 458 Laurier Blvd.
- **Carleton Place:** Carambeck Community Centre, 351 Bridge St.
- **Kemptville:** 80 Shaver Cres.
- **Smiths Falls:** 25 Johnston St.

Public Health Nurse available for breastfeeding consultations at Baby Talk groups as listed below. Call 1-800-660-5853 ext. 2467 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:

- Find a local group: <https://www.lllc.ca/groups-map>

LGBTQ2S (Virtual)

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

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>

Ottawa Breastfeeds

<https://ottawabreastfeeds.ca/>

Ontario Breastfeeding Clinic

<https://ontariobreastfeedingclinic.ca/>

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

OHIP Covered Services (with referral):

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/>

The Bilingual Online Ontario Breastfeeding Services

www.ontariobreastfeeds.ca

Dr. Jack Newman, MD, FRPC

<https://ibconline.ca/>

Hand Expression Video

<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

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