

Community Supports – Breastfeeding

Telephone

Leeds, Grenville & Lanark District Health Unit

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

Telehealth, Free access to a Registered Nurse — 24 Hours a day, 7 days a Week
1-866-797-0000

La Leche League

1-800-665-4324
www.lllc.ca
Free app from iTunes for iPod, iPhone or iPad



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

Country Roads Community Health Centre

Breastfeeding consultations offered by a Registered Nurse Early Years through clinic appointments, home visits and group settings. Free. 1-888-998-9927 or 1-613-272-3302 ext. 246

Breastfeeding Clinics:

Breastfeeding consultations offered by Public Health Nurses in Leeds, Grenville and Lanark. Drop-in or make an appointment by calling 1-800-660-5853. Breastfeeding support is also available by appointment at our Perth and Gananoque service sites.

- **Almonte:** 79 Spring St., Thursday 1:30am - 3:30pm
- **Brockville:** 458 Laurier Blvd., Monday & Friday 9:30am - 12:00pm
- **Carleton Place:** Carambeck Community Centre, 351 Bridge St. Tuesday 9:30am - 1:30pm
- **Kemptville:** 2675 Concession Rd., Wednesday, 9:30am - 11:30am
- **Smiths Falls:** 25 Johnston St., Monday & Friday 9:30am - 12:00pm

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.

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

Groups

Country Roads Community Health Centre Parenting Support Groups

- **Portland:** CRCHC 4319 Cove Rd. 1st & 3rd Mondays 10:00am - 12:00pm
- **Delta:** Delta Baptist Church 24 King St. 2nd & 4th Wednesdays 10:00am - 12:30pm
- **Westport:** Foley Mountain Conservation Authority 4th Monday 10:00am-11:30am

La Leche League Groups:

- **Brockville EarlyON**, 166 Pearl St. E., 2nd Monday 9:30am
- **Kemptville** 4th Thursday 10:00a.m. at the North Grenville Public Library, Tallman Room, 1 Water St. <https://www.lllc.ca/lllc-winchester-kemptville>

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>

Websites/Media

Leeds, Grenville & Lanark District Health Unit

www.healthunit.org

The Bilingual Online Ontario Breastfeeding Services

www.ontariobreastfeeds.ca

WYNI app

www.wechu.org/feeding-your-baby/wyni-breastfeeding-information-when-you-need-it

Dr. Jack Newman, MD, FRPCP

<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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