



Halton Baby-Friendly Initiative

Breastfeeding Supports

Phone

HaltonParents	311 or 905-825-6000 Toll free 1-866-442-5866	<ul style="list-style-type: none">• Mon-Fri 8:30am - 4:30pm• Public health nurses with breastfeeding training
Telehealth Ontario breastfeeding support	1-866-797-0000	<ul style="list-style-type: none">• 24/7 breastfeeding support• RNs with breastfeeding training• Lactation experts available for complex questions
Joseph Brant Hospital (JBH)	905-681-4831	<ul style="list-style-type: none">• Phone support from nurses 24/7• For babies born at JBH in the first 6 weeks
Halton Breastfeeding Connection	311 or 905-825-6000 Toll free 1-866-442-5866	<ul style="list-style-type: none">• Mother-to-mother support• Trained volunteers with personal breastfeeding experience
La Leche League (LLL)	1-800-665-4324	<ul style="list-style-type: none">• Phone support from experienced LLL Leaders

Breastfeeding Clinics

Feeding assessment provided by an IBCLC (International Board Certified Lactation Consultant)

Hospital Breastfeeding Clinics

- ✓ Appointment needed
- ✓ Attend clinic at hospital of birth

Halton Healthcare

haltonhealthcare.on.ca

- Oakville Trafalgar Memorial Hospital
905-338-4131
- Milton District Hospital
905-878-2383 x7030

Joseph Brant Hospital

josephbranthospital.ca

- Burlington
905-681-4840

Community Clinics

- ✓ Drop in
- ✓ Babies over 6 weeks old who live in Halton

ROCK/ EarlyON Child and Family Centre

rockonline.ca

Monday afternoons 1:00 pm - 2:15 pm

Wednesday mornings 9:30 am - 11:15 am

710 Cumberland Ave, Burlington

905-632-9377

earlyon@rockonline.ca

Visit babyfriendlyhalton.ca/supports for information on private breastfeeding clinics and lactation consultants (IBCLC)

October 2019

Updates available at babyfriendlyhalton.ca/supports



Halton Baby-Friendly Initiative

Breastfeeding Supports

Online

HaltonParents

Halton.ca/breastfeeding



haltonparents@halton.ca

- Why breastfeed?
- Preparing to breastfeed
- FAQs
- Common problems
- Expressing, storing & feeding breastmilk
- Breastfeeding & work/school

Halton Baby-Friendly Initiative

babyfriendlyhalton.ca



info@babyfriendlyhalton.ca

- Updates to this list of breastfeeding supports
- Private lactation consultants
- Breastfeeding clinics
- Community events
- Breastfeeding rights
- Breastfeeding resources

La Leche League (LLL)

lllc.ca



- Breastfeeding information
- Blogs
- Breastfeeding stories
- Find a drop-in group
- Contact an LLL Leader

Community drop-in groups

Groups Change

Confirm before attending
babyfriendlyhalton.ca

Peer-to-peer breastfeeding groups with a leader knowledgeable about breastfeeding

Burlington

Breastfeeding Café Drop In

4th Monday of the month

12:30 pm - 2:00 pm

World of My Baby (The WOMB)

1159 King Road

[Suggested donation of \\$5 to](#)

[Angel Fund if able](#)

Breastfeeding Meetup

1st & 3rd Wednesday of the month

1:00 pm - 3:00pm

ROCK/EarlyON Centre

710 Cumberland Ave

La Leche League Drop In

1st Wednesday of the month

7:00 pm - 8:30 pm

ROCK/EarlyON Centre

645 Plains Road East

Georgetown

Breastfeeding Meetup

Visit babyfriendlyhalton.ca/support
for link to schedule

EarlyON Centre

8 James Street

Milton

Breastfeeding Drop In

2nd Thursday of the month

1:30 pm - 3:00 pm

Milton Community Resource Centre

410 Bronte Street South

Breastfeeding Café Drop In

1st Monday of the month

[2nd Monday if stat holiday](#)

1:30 pm - 3:00 pm

World of My Baby (The WOMB)

388 Main Street East

[Suggested donation of \\$5 to](#)

[Angel Fund if able](#)

Acton

Breastfeeding Meetup

Visit babyfriendlyhalton.ca/support
for link to schedule

EarlyON Centre

85 Wallace Street

Oakville

La Leche League Community Breastfeeding Support

3rd Wednesday of the month

6:30 pm - 8:00 pm

[Date and time change January 2020](#)

[Visit babyfriendlyhalton.ca/support](http://babyfriendlyhalton.ca/support)

Oakville Parent Child Centre- Satellite

481 North Service Rd, Unit 25

Baby Rhyme Time

Breastfeeding Drop In

1st Tuesday of the month

1:15 pm - 2:45 pm

Oak Park Neighbourhood Centre

2200 Sawgrass Drive

Breastfeeding Drop In

3rd Wednesday of the month

1:30 pm - 3:00 pm

Oak Park Neighbourhood Centre

2200 Sawgrass Drive