



# Halton Baby-Friendly Initiative

## Breastfeeding Supports

### Phone

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

### 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](http://haltonhealthcare.on.ca)

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

#### Joseph Brant Hospital [josephbranthospital.ca](http://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 [bfrc.ca](http://bfrc.ca)

**Monday afternoons 1:00 pm - 2:15 pm**

**Wednesday mornings 9:30 am - 11:15 am**

710 Cumberland Ave, Burlington

905-632-9377

[oeychelp@rockonline.ca](mailto:oeychelp@rockonline.ca)

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



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## Breastfeeding Supports

### Online

#### HaltonParents

[Halton.ca/breastfeeding](http://Halton.ca/breastfeeding)



[haltonparents@halton.ca](mailto:haltonparents@halton.ca)

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

#### Halton Baby-Friendly Initiative

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



[info@babyfriendlyhalton.ca](mailto: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](http://lllc.ca)



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

### Community drop-in groups

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 - 3:00 pm

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

#### 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  
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](#)

**Breastfeeding Café Drop In**  
1st Tuesday of the month  
9:30 am - 11:00 am

MAKE Cafe  
10220 Derry Road, unit 104

#### Acton

**Breastfeeding Meetup**  
2nd Tuesday or Wednesday of the month

[Check babyfriendlyhalton.ca for dates and times](http://babyfriendlyhalton.ca)  
EarlyON Centre  
85 Wallace Street

#### Georgetown

**Breastfeeding Meetup**  
4th Monday of the month  
10:00 am - 11:30 am

EarlyON Centre  
8 James Street

#### Oakville

**La Leche League Community Breastfeeding Support**  
3rd Wednesday of the month  
6:30 pm - 8:00 pm

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  
1:00 pm - 2:30 pm

Oak Park Neighbourhood Centre  
2200 Sawgrass Drive

**Groups Change**  
Confirm before  
attending  
[babyfriendlyhalton.ca](http://babyfriendlyhalton.ca)