



Halton Baby-Friendly Initiative

Breastfeeding Supports

Phone

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| 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 |
| Motherisk (Toronto Hospital for Sick Children) | 416-813-6780 Toll-free 1-877-439-2744 | <ul style="list-style-type: none">• Information about medication and drugs while breastfeeding |

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 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

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



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)

llc.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 - 3:00pm

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

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
2nd Monday of the month
[3rd 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](#)

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

[Breastfeeding supports are free unless stated otherwise](#)