



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
Health Connect Ontario	811	<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

During COVID-19, the services provided at breastfeeding clinics are constantly evolving. Please call the clinics directly for the most up-to-date information about how to get support.

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

Ontario Breastfeeding Clinic

ontariobreastfeedingclinic.ca

- Virtual visits with a lactation consultant (inquire regarding in-person appointment availability)
- OHIP covered breastfeeding support (referral required from a doctor or midwife)
- Text: 877-822-1105

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

June 2022

Check for updates babyfriendlyhalton.ca/supports



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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

- Regular updates to this list of breastfeeding supports
 - Private lactation consultants
 - Breastfeeding clinics and drop-ins
 - 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 Support Groups

During COVID-19, breastfeeding support groups are offered virtually or in person. Check out these support groups and be sure to visit the links for more information and updates.

The WOMB Breastfeeding/Infant Feeding Cafe

Free workshops and drop-ins

Hosted by Lactation Consultants

Reserve your spot in advance

905-842-2434

<http://thewomb.ca/index.php/workshops/drop-in-groups#breastfeedingcafe>

La Leche League (LLL)

Groups that support families from pregnancy to weaning

Times and days vary

www.lllc.ca/virtual-meetings-calendar

Groups Change

Confirm before attending
babyfriendlyhalton.ca