



# Halton Baby-Friendly Initiative

## Breastfeeding Supports



### Phone

#### HaltonParents

311 or 905-825-6000  
Toll free 1-866-442-5866

- Mon-Fri 8:30am - 4:30pm
- Public health nurses with breastfeeding training

#### Health811

811  
[health811.ontario.ca](http://health811.ontario.ca)

- 24/7 breastfeeding support
- RNs with breastfeeding training
- Lactation experts available for complex questions

#### Joseph Brant Hospital (JBH)

905-681-4831

- 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

- Parent-to-parent breastfeeding support
- Trained volunteers with personal breastfeeding experience

#### La Leche League (LLL)

613-238-5919

- Phone support from experienced LLL Leaders

### Breastfeeding Clinics

**The services provided at the hospital 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](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

Visit [babyfriendlyhalton.ca/supports](http://babyfriendlyhalton.ca/supports) for information on additional breastfeeding supports in our community, including community breastfeeding clinics, private lactation consultants (IBCLCs), a peer support program and breastfeeding meetups.

**NOTE:** Some of these supports may be covered by OHIP with a referral from your health care provider or by extended health benefits plans.

**March 2024**

Updates available at [babyfriendlyhalton.ca/supports](http://babyfriendlyhalton.ca/supports)



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### 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)

- 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](http://lllc.ca)



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

### Community Support Groups within Halton

**Please check out the online and in-person breastfeeding support groups and visit the links for more information and updates.**

#### The WOMB Breastfeeding Cafe

Offered monthly at both the Burlington and Milton locations

Hosted by Lactation Consultants

Reserve your spot in advance

905-842-2434

<https://www.thewomb.ca/classes-workshops-burlington/>

<https://www.thewomb.ca/classes-workshops-milton/>

#### La Leche League (LLL)

Times and days vary

Hosted via Zoom

[www.lllc.ca/virtual-meetings-calendar](http://www.lllc.ca/virtual-meetings-calendar)

#### Breastfeeding Cafe with Kristen Monaghan (IBCLC and LE)

Every 3rd Tuesday, 1:00-2:00pm

Oak Park Neighbourhood Centre

2200 Sawgrass Drive, Oakville

Cost \$2

### Groups Change

For updates, changes and groups outside of Halton, visit

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

