



Breastfeeding Resources

Durham Region Health Department

Durham Health Connection Line

Free telephone, group and one-to-one support by Public Health Nurses. Call the Durham Health Connection Line 9am-6pm (M-F)

905-666-6241 or 1-800-841-2729

durham.ca/breastfeeding

La Leche League Canada

Free telephone or online help any time by trained volunteer leaders. Virtual meetings. Free drop-in mother-to-mother groups.

1-800-665-4324

lllc.ca

Lactation Consultants (Fee for service)

One-on-one support for normal and complex breastfeeding matters.

****For more information visit IBLCE.org**

Eileen Park M.Sc., ND, IBCLC

905-619-3737

Jennifer Grandy, IBCLC

905-449-8549

Jennifer Mauricette, IBCLC

416-985-5212

Joan Bordash, BScN, RN, IBCLC

416-669-4195

Suzanne Mackinnon, IBCLC

905-668-2906

Kelly Matijcio BScNc, RN, IBCLC BreastNurturing@outlook.com

Prenatal Education and Breastfeeding Support

Childbirth Education Services

& Lactation Support

905-686-7758

CHOICES Childbirth Services

905-420-0223

Discover Birth Lamaze & Doula Services

1-877-BIRTH36

Donna Schinkel (Lactation Support)

905-427-9547

Hearts & Hands Birth Services

647-286-7150

Lakeridge Health

Oshawa Hospital (Classes)

905-576-8711 x 4116

Lamaze (prenatal) **durhamlamaze.com** & **portperrylamaze.com**

Midwives (contact prenataly)

cmo.on.ca

New Life Centre, Port Perry

905-985-7321 x 5525

Next Steps Breastfeeding Support **nextstepsbreastfeeding.com**

Parents of Multiple Births **durhamparentsofmultiples.com**

Rouge Valley Hospital Ajax site (Classes) **905-683-2320 x 1597**

Sacred Journey Doula Services **905-447-8815**

Telehealth Ontario

1-866-797-0000

24/7 Breastfeeding Support

TTY: 1-800-797-0007

Best Start's BILINGUAL Online Ontario

Breastfeeding Services

ontariobreastfeeds.ca

Motherisk

For more information regarding the use of medications, herbs, infectious agents, drugs, alcohol, chemicals and different products

especially if interruption of breastfeeding is being considered:

1-877-439-2744

416-813-6780

motherisk.org

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(updated annually)

Please photocopy as needed

durhambreastfeeding.ca



Find Breastfeeding Support Near You...

AJAX/PICKERING

<u>Ontario Early Years Centre/YMCA</u>	905-619-4565 x 310
75 Centennial Road, Ajax (inside Ajax Community Centre)	
Free drop-in support group	Tuesday 1:00 – 2:30pm
<u>Barefoot Health</u>	905-619-3737
375 Finley Ave, Suite 201, Ajax	barefoothealth.ca
Clinic led by an IBCLC	Wednesday 1 - 2pm
<u>La Leche League</u>	facebook.com/LLCAjaxPickering
Free bi-weekly drop-in group	1st Tuesday am, 3rd Thursday pm
<u>Pump Rentals & Sales</u>	
Ajax: Babyrama	647-547-9396
Shoppers Home Health Care	905-427-4171
Pharmasave	905-239-0663
Pickering: Breast is Best	905-837-5439

CLARINGTON

<u>Ontario Early Years Centre/YMCA</u>	905-697-3171
45 Westside Drive, Bowmanville (inside Dr. Ross Tilley School)	
Free drop-in support group	Wednesday 10 - 11:30am
<u>La Leche League</u>	dianellc@outlook.ca
Free monthly drop-in group, Bowmanville	** 1st Tuesday am
<u>Pump Rentals & Sales</u>	
Courtice: Home Healthcare	905-721-0004
Pharmasave	905-432-8888
Bowmanville: Medicine Chest Pharmacy	905-697-3784
WiggleBums	905-419-2471

NORTH DURHAM

<u>Lakeridge Health Port Perry New Life Centre Breastfeeding Clinic</u>	
By appointment only	905-985-7321 x 5525
<u>Uxbridge Baby Café</u> 64 Victoria Drive (inside Uxbridge Public School)	
Free drop-in group	Monday 9 - 11 am, September thru July
Refer to monthly calendars	durhamfamilyresources.org
<u>Cannington Baby Café</u> 1 Elliott Street Cannington (Cannington Arena)	
Free drop-in group	Friday 9 - 12 noon September thru July
Refer to monthly calendars	durhamfamilyresources.org
<u>Pump Rentals & Sales</u>	
Uxbridge: Rexall Pharmacy	905-852-6155
Port Perry: Shoppers Drug Mart	905-985-8886

OSHAWA/WHITBY

<u>Lakeridge Health Oshawa Hospital</u>	905-576-8711 x 4116
Prenatal breastfeeding class	
<u>Oshawa Community Health Centre</u>	905-723-0036, x 211
Breastfeeding Buddies 115 Grassmere Ave, Oshawa	
Free drop-in support group	Friday 10 - 11:30am
<u>Durham Region Health Department</u>	905-666-6241
Whitby Mall (2nd floor, West Lang Tower) Thickson Rd & Hwy 2	
1) Free drop-in support group	Thursday 1:30 - 3pm
2) Breastfeeding Clinic ** By appointment only**	905-666-6241
<u>La Leche League</u>	facebook.com/LLCOshawaWhitby
Free biweekly drop-in group	2nd Wednesday pm, 4th Thursday am
<u>Pump Rentals & Sales</u>	
Whitby: Shoppers Home Health Care	905-579-5300
Total Health Pharmacy	905-433-2111
Oshawa: Durham Medical	905-728-1112