

# Durham Region Breastfeeding Resources

## Durham Region Health Department

Public Health Nurses with lactation training provide free breastfeeding support by phone or in person.

### Phone

Call Durham Health Connection Line to speak to a Public Health Nurse for confidential phone advice and to access breastfeeding services **905-668-2020** or **1-800-841-2729** (Monday to Friday, 9 am – 5 pm)

### One to One Support

In person breastfeeding support provided by trained Public Health Nurses through home visits and clinic appointments.

### Clinic locations:

- **Oshawa Breastfeeding Clinic Oshawa Centre**  
419 King St. W., Office Galleria, Suite 102 (North end of the mall)  
By appointment only Monday, Wednesday, Friday  
(8:30am-4:30pm)
- **Port Perry Breastfeeding Clinic – New Life Centre Port Perry Hospital** - 451 Paxton St, Port Perry  
By appointment only Tuesday and Friday (8:30am- 4:30pm)

### Online

Visit us online at [durham.ca/breastfeeding](http://durham.ca/breastfeeding) for more information or to take **FREE** online birthing, breastfeeding and newborn classes

[durham.ca/onlineprenatalclasses](http://durham.ca/onlineprenatalclasses)

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

[durham.ca/newborn](http://durham.ca/newborn)

Access a comprehensive e-health resource with videos, tips and information at [breastfeedinginfo.ca](http://breastfeedinginfo.ca)

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## Best Start's Bilingual Breastfeeding Services

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

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## Health Care Connect - 24/7 Breastfeeding support

Dial 811 or TTY: 1-800-797-0007

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## Canadian Lactation Consultant Association - (Fee for service)

Find a lactation consultant in your area

[clca-accl.ca](http://clca-accl.ca)

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## Lakeridge Health Corporation (Oshawa, Ajax & Port Perry Sites)

Prenatal birthing & breastfeeding classes and resources, visit:

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



HEALTH  
DEPARTMENT

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



# Breastfeeding Support in Durham Region

## **Lakeridge Health Oshawa**

1 Hospital Crt, Oshawa

Prenatal Breastfeeding Class: **905-576-8711 ext 34116**

Breastfeeding Clinic: (by appointment only, up to 10 days post-partum)  
**905-576-8711 ext 34076**

## **Lakeridge Health Ajax**

580 Harwood Ave South Ajax

Prenatal Breastfeeding Class: **905-576-8711 ext 34116**

Breastfeeding Clinic: (by appointment only, up to 10 days post-partum)  
**905-683-2320 ext 11202**

## **New Life Centre Lakeridge Health Port Perry**

451 Paxton St, Port Perry

Prenatal Breastfeeding Class: **905-576-8711 ext 34116**

Breastfeeding Clinic (by appointment only) call Durham Health  
Connection Line: **905-668-2020** or **1-800-841-2729**

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## **La Leche League**

Resources, free telephone /online help and informal drop in and virtual  
group meetings by trained volunteer leaders in your area

**1-800-665-4324** or visit [lllc.ca](http://lllc.ca)

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## **North Durham Baby Café:**

<https://www.durhamfamilyresources.org/calendars/>

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## **Pump Rental & Sales**

**Online Breast pump Rental & Supplies** – delivery options available  
across Durham Region - **647-807-0711**

[onlinebreastpumprental.com](http://onlinebreastpumprental.com)

### **Ajax / Pickering**

Shoppers Home Health Care: **905-427-4171**

### **Clarington**

Courtice Home Health Care: **905-721-0004**

Pharmasave: **905-432-8888**

Medicine Chest Pharmacy: **905-697-3784**

Remedy's RC Global Drug Mart: **905-623-2333**

### **North Durham**

Shoppers Drug Mart: **905-985-8886**

### **Whitby/ Oshawa**

Shoppers Home Health Care: **905-579-5300**

Total Health Pharmacy: **905-433-2111**

Durham Medical: **905-728-1112**

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Please photocopy as needed

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