



Breastfeeding Resources

Durham Region Health Department

Free programs and services provided by registered nurses for babies of all ages. Breastfeeding groups, home visits, clinics and phone support.

Online prenatal classes: durham.ca/onlineprenatalclasses

Breastfeeding information: breastfeedinginfoforparents.ca

Call the **Durham Health Connection Line** to speak with a registered nurse | 9:00 a.m. – 5:00 p.m. (M-F)

905-666-6241 or 1-800-841-2729 | durham.ca/breastfeeding

La Leche League Canada

Free in-person, phone, online and informal group meetings.

1-800-665-4324 | lllc.ca

Telehealth Ontario: 1-866-797-0000 | TTY: **1-800-797-0007**

24/7 Breastfeeding support

Best Start's BILINGUAL Online Ontario

Breastfeeding Services: ontariobreastfeeds.ca

Lactation Consultants (fee for service)

One to one breastfeeding support: IBLCE.org

Jandy Beresford, IBCLC: **647-286-7150**

Jennifer Harris, IBCLC: **905-449-8549**

Jennifer Mauricette, IBCLC: **416-985-5212**

Joan Bordash, BScN, RN, IBCLC: **416-669-4195**

Suzanne Mackinnon, IBCLC: **905-922-2346**

Laura Patterson, IBCLC: laurapattersonibclc.com

Prenatal Education and Breastfeeding Support

CHOICES Childbirth Services: **905-420-0223**

Discover Birth Lamaze & Doula Services: **1-877-BIRTH36**

Lakeridge Health Corporation: lakeridgehealth.on.ca

905-576-8711 x 4116 (Oshawa, Ajax & Port Perry sites)

Lamaze (prenatal): durhamlamaze.com

Midwives (contact prenately): cmo.on.ca

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

Next Steps Breastfeeding Support:

nextstepsbreastfeeding.com

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(updated annually)

Please photocopy as needed

durhambreastfeeding.ca



Find Breastfeeding Help Near You...

Ajax/Pickering

EarlyON Child and Family Centre: **905-666-6241**

75 Centennial Road, Ajax

Free drop-in group | Tuesday 1:00 p.m. – 2:30 p.m.

Barefoot Health: **905-619-3737** | barefoothealth.ca

375 Finley Ave, Suite 201, Ajax

Free drop-in | Wednesday and alternating Fridays

1:00 p.m. – 2:00 p.m.

Breastfeeding clinic (by appointment only)

La Leche League: lllc.ca

Pump Rentals & Sales

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

Pharmasave: **905-239-0663**

Clarington

EarlyON Child and Family Centre: **905-666-6241**

45 Westside Drive, Bowmanville (Dr. Ross Tilley PS)

Free drop-in group | Wednesday 10:00 a.m. – 11:30 a.m.

Pump Rentals & Sales

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

Pharmasave: **905-432-8888**

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

North Durham

New Life Centre, Port Perry Hospital: **905-576-8711 x 5525**

Breastfeeding Clinic (by appointment only)

Uxbridge Baby Café, 64 Victoria Drive (Uxbridge PS)

Free drop-in group | Monday 9:00 a.m. – 11:00 a.m.

durhamfamilyresources.org

Cannington Baby Café, 1 Elliott Street Cannington

Free drop-in group | Friday 9:00 a.m. – 12:00 p.m. (Sept to July)

durhamfamilyresources.org

Pump Rentals & Sales

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

Oshawa/Whitby

Prenatal breastfeeding class

Lakeridge Health Oshawa Hospital: **905-576-8711 x 4116**

Durham Region Health Department: **905-666-6241**

Whitby Mall (2nd floor, West Lang Tower),

1615 Dundas St. E., Whitby

Free drop-in group | Thursday 1:30 p.m. – 3:00 p.m.

Breastfeeding clinic (by appointment only)

La Leche League: lllc.ca (virtual meetings)

Pump Rentals & Sales

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

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

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