

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.
- **Port Perry Breastfeeding Clinic – Township of Scugog**
181 Perry St, Suite 200, Port Perry
By appointment only.

Online

Visit us online for more information or to take **FREE** online birthing, breastfeeding and newborn classes

durham.ca/onlineprenatalclasses
durham.ca/breastfeeding
durham.ca/parentingservices
durham.ca/newborn

Access a comprehensive e-health resource with videos, tips and information at Aboutbreastfeeding.ca

Best Start's Bilingual Breastfeeding Services

ontariobreastfeeds.ca

Health Care Connect - 24/7 Breastfeeding support

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

Canadian Lactation Consultant Association - (Fee for service)

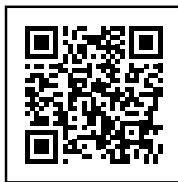
Find a lactation consultant in your area

clca-accl.ca



durham.ca/parentingservices

Dial 311 (within regional limits)



Breastfeeding Support in Durham Region

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

Prenatal birthing & breastfeeding classes and resources, visit:

welovebabies.ca

Lakeridge Health Oshawa

1 Hospital Crt, Oshawa

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

Lakeridge Health Ajax

580 Harwood Ave South Ajax

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

New Life Centre Lakeridge Health Port Perry

451 Paxton St, Port Perry

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

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

North Durham Baby Café

durhamfamilyresources.org/programs

Pump Rental & Sales

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

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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