

# Community Supports – Breastfeeding

## Telephone

Leeds, Grenville & Lanark District Health Unit

**Health Action Line**, Public Health Nurse, Mon to Fri, 8:30–4:30  
1-800-660-5853

**Telehealth**, Free access to a Registered Nurse — 24 Hours a day, 7 days a Week  
1-866-797-0000

**La Leche League**  
1-800-665-4324  
www.lllc.ca  
Free app from iTunes for iPod, iPhone or iPad



## One-On-One

### No Cost

#### Healthy Babies Healthy Children (HBHC) Home Visiting Program

Home visits by Public Health Nurses in Leeds, Grenville and Lanark 1-800-660-5853

#### Breastfeeding Clinics:

Breastfeeding consultations offered by Public Health Nurses in Leeds, Grenville and Lanark. Drop-in or make an appointment by calling 1-800-660-5853

- **Almonte:** 79 Spring St., Unit 2, Thursday 2:00 pm – 4:00 pm
- **Brockville:** 458 Laurier Blvd., Monday, Wednesday & Friday 9:30 am – 12:00 pm
- **Smiths Falls:** 25 Johnston St. Monday & Friday 9:30 am – 12:00 pm
- **Perth:** 1 Sherbrooke St., Thursday 2:00 pm – 4:00 pm

**Public Health Nurse** available for breastfeeding consultations at Baby Talk groups as listed below 1-800-660-5853:

- **Almonte:** Almonte Branch of the Mississippi Mills Public Library, 155 High St., alternating Mondays\*, 2:00 pm - 3:00 pm
- **Brockville:** OEYC 166 Pearl St. E. 3rd Tuesday of the month 1:30 pm – 3:00 pm
- **Carleton Place:** Carambeck Community Centre, 351 Bridge St. alternating Wednesdays\*, 12:30 pm - 1:30 pm
- **Gananoque:** OEYC 375 William St. 1st Thursday of the month 1:30 pm – 3:00 pm
- **Kemptville:** OEYC, Madison Montessori Academy 2965 County Rd. #43 4th Wednesday of the month 1:30 pm – 3:00 pm
- **Smiths Falls:** OEYC 91 Cornelia St. W. alternating Mondays\*, 1:00 pm – 2:00 pm
- **Perth:** 1 Sherbrooke St. alternating Thursdays\*, 1:00 pm – 2:00 pm

\* For dates and availability of a nurse at this group, please call the Health Action Line at 1-800-660-5853

## Groups

#### Generations Midwifery Care Mom-to-Mom group

Brockville, 51 King St. E.  
1st & 3rd Thursday of the month  
10:30-12:00pm

**Breastfeeding Buddies** Country Roads CHC, Portland  
4319 Cove Rd. at Hwy. 15 info@crchc.ca  
613-272-3302

#### La Leche League Groups:

- **Brockville OEYC**, 2nd Wednesday of the month, 6:30pm
- **Kemptville OEYC**, 4th Thursday of the month 1:30pm
- **Rideau Lakes Public Library Portland** 1st Wednesday of the month, 7:00pm

## Fee for Service

**Barb Belohoubek** RN, BScN, IBCLC  
Susan Nolan, RN, MscN, IBCLC Birthcare, www.birthcare.ca (Birthcare will go as far as Almonte, Ashton and Carleton Place for home consultations, but not as far as Smiths Falls) 613-739-7370

**Genia Stephen**, RM, IBCLC  
613-345-6608

## Websites/Media

Leeds, Grenville & Lanark District Health Unit  
[www.healthunit.org](http://www.healthunit.org)

**The Bilingual Online Ontario Breastfeeding Services**  
[www.ontariobreastfeeds.ca](http://www.ontariobreastfeeds.ca)

**WYNI app**  
[www.wechu.org/feeding-your-baby/wyni-breastfeeding-information-when-you-need-it](http://www.wechu.org/feeding-your-baby/wyni-breastfeeding-information-when-you-need-it)

**Dr. Jack Newman**, MD, FRCPC  
[www.breastfeedinginc.ca/index.php](http://www.breastfeedinginc.ca/index.php)  
Hand Expression Video  
<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

**La Leche League**  
[www.lllc.ca](http://www.lllc.ca)  
Free app from iTunes for iPod, iPhone or iPad