

HALTON COMMUNITY BREASTFEEDING SUPPORT



Halton Baby Friendly Initiative

HALTON REGION

HALTON BREASTFEEDING CONNECTION

Trained volunteers provide mother-to-mother telephone support
905-825-6000 or dial 311 or www.halton.ca

BABY & PARENT TELEPHONE INFO LINE

Public Health Nurses provide breastfeeding information and support
Monday - Friday, 8:30 - 4:30 p.m.
905-825-6000 or dial 311 or www.halton.ca

HEALTHIEST BABIES POSSIBLE PRENATAL CLASSES

Public Health Nurses provide information on pregnancy, birth, and parenting at locations throughout Halton region
905-825-6000 or dial 311 or www.halton.ca

PRIVATE CERTIFIED DOULA SUPPORT

Supportive and knowledgeable guidance in prenatal and the early postpartum period
www.cappacanada.ca

HALTON BABY FRIENDLY INITIATIVE

Provides up to date information on breastfeeding & baby friendly places: www.babyfriendlyhalton.ca

LA LECHE LEAGUE

Knowledgeable telephone and online support, home visits, mother support groups, and a lending library
Online Community: www.meetup.com/OakvilleLLL
416-483-3368 or www.lllc.ca

PRIVATE INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANTS

Consultants hired for help breastfeeding
905-825-6000 or dial 311 or www.ilca.org

PRENATAL BREASTFEEDING CLASSES

2nd Monday of the month, 7:00 - 8:30 p.m.
Community Midwives of Halton
407 Speers Road Suite 209 Oakville
La Leche League leader:
Anne: 905-338-8004, anne.w.weeks@gmail.com
Lenore: 905-825-2352, lkilmartin@hotmail.com

OAKVILLE

BABY WEARING & BREASTFEEDING DROP IN

2nd Monday of the month, 9:30 - 11:30 a.m.
Doula: Ashley Pickett
Dynamic Health and Performance
12-1660 North Service Road East
905-842-2434 ext.5 ashley@haltondoulagroup.com

BREASTFEEDING DROP IN

Monday, 10:00 a.m. - 12:00 p.m.
La Leche League Leader
St. Aidan's Anglican Church, 318 Queen Mary Drive
416-483-3368 or www.lllc.ca

HALTON PRENATAL NUTRITION PROGRAM

Wednesday, 11:00 a.m. - 1:00 p.m.
Registered Dietitian & Public Health Nurse
Kerr Street Ministries, 484 Kerr Street
905-825-6000 or dial 311 or www.halton.ca

M.O.MS (MOMS OF MULTIPLES BREASTFEEDING MEET UP)

Last Tuesday of the month, 11:30 a.m. - 1:00 p.m.
Lactation Consultant: Camilla Aviss
Oak Park Moms and Tots, 2530 Sixth Line
www.multiplereasons.com

TODDLER MEETING

Last Saturday of every month, 12:00 - 1:30 p.m.
La Leche League Leader
The Community Midwives of Halton
407 Speers Road, Suite 209
Jen at 905-337-1996 or Lenore at 905-825-2352

BREASTFEEDING CAFÉ

2nd & 4th Friday of the month, 10:00 a.m. - 12:00 p.m.
Lactation Consultant: Jean Kouba
Oakville Parent Child Centre
461 North Service Rd W, Unit #17
416-407-8552 or www.haltonbreastfeeding.com

CALLING NEW PARENTS

Public Health Nurse
Monday, 1:30 - 3:30 p.m.
Oakville Parent-Child Centre, 74 Florence Drive
Wednesday, 1:30 - 3:30 p.m.
Iroquois Ridge Library, 1051 Glenashton Drive
Thursday, 1:30 - 3:30 p.m.
Glen Abbey Library, 1415 Third Line
905-825-6000 or dial 311 or www.halton.ca

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MILTON

BREASTFEEDING CLASSES

**3rd Wednesday of the month, 7:00 - 9:00 p.m. &
4th Saturday of the month, 9:30 - 11:00 a.m.**

Lactation Consultant: Jill Hicks
Milton District Hospital
www.haltonhealthcare.com

LA LECHE LEAGUE

**3rd Wednesday of the month,
7:15 - 9:00 p.m.**

Milton Community Resource Centre, 410 Bronte St. S.
Marilyn at 905-876-3322 or www.lllc.ca

CALLING NEW PARENTS

Public Health Nurse

Tuesday & Thursday, 1:30 - 3:30 p.m.

Milton Community Resource Centre, 410 Bronte St. S.
905-825-6000 or dial 311 or www.halton.ca

HALTON PRENATAL NUTRITION PROGRAM

Every 2nd & 4th Thursday, 12:00 - 2:00 p.m.

Registered Dietitian & Public Health Nurse
Milton Hub, Our Lady of Victory School,
540 Commercial Street
905-825-6000 or dial 311 or www.halton.ca

BREASTFEEDING DROP IN

Tuesday, 10:00 - 11:30 a.m.

La Leche League Leader: Marilyn Coxe
Milton Hub, Our Lady of Victory School,
540 Commercial Street, Marilyn at 905-876-3322

BREASTFEEDING DROP IN

Friday, 10:00 - 11:30 a.m.

Lactation Consultant: Jill Hicks
Milton Hub, Our Lady of Victory School,
540 Commercial Street, 905-878-2383 ext. 7610

ACTON

HALTON PRENATAL NUTRITION PROGRAM

**1st & 3rd Thursday of the month,
1:00 - 3:00 p.m.**

Registered Nutritionist & Public Health Nurse
Acton Community Hub, 69 Acton Boulevard
905-825-6000 or dial 311 or www.halton.ca

For more information haltonbfi@halton.ca
contact the Halton 905-825-6000 or dial 311
BFI Coordinator: www.babyfriendlyhalton.ca

BURLINGTON

BREASTFEEDING MEET UP

**1st & 3rd Wednesday of the month,
1:00 - 3:00 p.m.**

Lactation Consultant: Camilla Aviss
Burlington Reach Out Centre for Kids / Ontario Early
Years Centre, 710 Cumberland Ave
www.multiplereasons.com

CALLING NEW PARENTS

Public Health Nurse

Tuesday, 1:30 - 3:30 p.m.

Burlington Reach Out Centre for Kids / Ontario Early
Years Centre, 710 Cumberland Ave

Wednesday, 1:30 - 3:30 p.m.

Tansley Woods Recreation Centre, 1996 Itabashi Way

Thursday, 1:30 - 3:30 p.m.

New Appleby Library, 676 Appleby Line
905-825-6000 or dial 311 or www.halton.ca

LA LECHE LEAGUE: MOTHER SUPPORT GROUP

1st Thursday of the month, 8:00 - 9:30 p.m.

La Leche League Leader
Burlington & Area Midwives, 4332 New Street
905-381-1010 or www.lllc.ca

HALTON PRENATAL NUTRITION PROGRAM

Tuesday, 1:00 - 3:00 p.m.

Registered Dietitian & Public Health Nurse
Burlington Family Resource Centre, 645 Plains Road E.
905-825-6000 or dial 311 or www.halton.ca

GEORGETOWN

CALLING NEW PARENTS

Public Health Nurse

Tuesday, 1:00 - 3:00 p.m.

Ontario Early Years Centre, 96 Guelph Line
905-825-6000 or dial 311 or www.halton.ca

LA LECHE LEAGUE

2nd Wednesday of the month, 7:30 - 9:00 p.m.

Immanuel Lutheran Church, 100 Mountainview Rd. S.
La Leche League Leader: Joanna at 519-833-8539

HALTON PRENATAL NUTRITION PROGRAM

Every 1st and 3rd Thursday, 10:00 - 11:30 a.m.

Registered Dietitian & Public Health Nurse
Ontario Early Years Centre, 96 Guelph Street
905-825-6000 or dial 311 or www.halton.ca