

Breastfeeding Help

Breastfeeding Resources Available in Stormont, Dundas,
Glengarry, Prescott and Russell and Akwesasne

Prepared by the Breastfeeding Coalition
of Eastern Ontario and Akwesasne

Eastern Ontario

Telehealth Ontario 24/7 Breastfeeding Support

1-866-797-0000 or TTY 1-866-797-0007

Eastern Ontario Health Unit

Watch Me Grow Drop-In Centres

www.eohu.ca/watchmegrow/

Health Line: 613-933-1375 or 1-800-267-7120

www.eohu.ca/

La Leche League Eastern Ontario

Cornwall: 2nd Tuesday of the month

www.lllc.ca/lllc-cornwall

Winchester: 3rd Monday of the month

www.lllc.ca/lllc-winchester

La Leche League Ottawa East:

laliguelaleche@gmail.com

La Leche League of Canada:

www.lllc.ca/

Centre de santé communautaire de l'Estrie

Lending of breast pumps for Centre de santé clients only-
consultation with dietitian

Alexandria (French services): 613-525-5544

Bourget: 613-487-1802

Cornwall (French services): 613-937-2683

Crysler: 613-987-2683

Embrun: 613-443-3888

Eastern Ontario Hospitals

(support available up to a few weeks after birth)

Cornwall Community Hospital: 613-938-4240 (2251)

Hawkesbury General Hospital: 613-632-1111 (52001)

Winchester Memorial Hospital: 613-774-2422 (6862)

Lyne Lacroix, IBCLC*

Lactation Consultant: 613-361-7441

www.lynelacroixibclc.com

Birth to Breastfeeding*

Lorraine Rigby-Larocque - Lactation and Childbirth

Educator, Ottawa: 613-330-1489

www.birthtobreastfeeding.ca/

info@birthtobreastfeeding.ca

Akwesasne

Healthy Babies, Healthy Children

613-575-2341 ext. 3230

Joyce Leaf, RN, Lactation Support ext. 3234

Julie Cooke, IBCLC

Toll-free: 1-888-874-9614

(available by phone until 9 p.m.)

Midwives

Midwives provide primary care to women already under their care for up to 6 weeks after birth. They're a good source of breastfeeding information and support. Their services are covered by the Ontario Ministry of Health and Long-Term Care.

East Ottawa Midwives

2575 Innes Road, Ottawa, Ontario

613-590-1711

www.eastottawamidwives.com/

sagefemmes@bellnet.ca

Gentle Beginnings Midwifery

30 Thirteenth Street East, Cornwall, Ontario

613-933-3030

462 Winchester Main, Winchester, Ontario

613-774-3131

868 Notre Dame, Embrun, Ontario

613-443-0335

www.gentlebeginningsmidwifery.net

Outside Eastern Ontario

Free, bilingual on-line course on breastfeeding

www.beststart.org/courses/

Medications and Breastfeeding

Motherisk: 1-877-439-2744

Alcohol and Substances: 1-877-327-4636

www.motherisk.org

Ottawa Hospitals

(support available up to a few weeks after birth)

Ottawa Hospital- Civic Campus: 613-722-7000 (78375)

Ottawa Hospital- General Campus: 613-722-7000 (14284)

Queensway Carleton Hospital: 613-721-2000 (4816)

Breastfeeding Inc-Jack Newman

www.breastfeedinginc.ca/

*To find a lactation consultant in the Ottawa area, visit www.ovlc.net/findAnIBCLC.html

*To find a breastpump rental services and sales representative, visit www.medela.ca/

*Not covered by Health Card

