**Breastfeeding Supports and Referral Information**

### Prenatal Support
- Simcoe Muskoka District Health Unit
  - Prenatal Classes
  - Healthy Babies/Healthy Children Program
  - Health Connection 705-721-7520 or 1-877-721-7520
- Family Doctor/Nurse Practitioner
- CPNP MotherCare Program
- Stevenson Memorial Hospital
- Ontario Early Years Centre Bradford
- Caring Hands Midwifery
- Midwives of York Region
- Association of Ontario Doulas
- Lactation Consultants
- Prenatal Classes
  - Dial 211
  - www.infosimcoecounty.ca

### Postpartum Support
- Simcoe Muskoka District Health Unit
  - Healthy Babies/Healthy Children Program
  - Health Connection 705-721-7520 or 1-877-721-7520
- Family Doctor/Nurse Practitioner
- Barrie & Community Family Health Team
- Caring Hands Midwifery
- Midwives of York Region
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### Telephone Support
- Simcoe Muskoka District Health Unit
  - Health Connection 705-721-7520 or 1-877-721-7520
- Family Doctor/Nurse Practitioner
- Barrie & Community Family Health Team
- Caring Hands Midwifery
- Midwives of York Region
- Lactation Consultants ($)
  - Dial 211

### Peer/Group Support
- Simcoe Muskoka District Health Unit
  - Breastfeeding Place
  - Healthy Babies/Healthy Children Program
  - Ontario Early Years Centre
  - CPNP MotherCare Program
- Innisfil Best Start Child & Family Centre
  - 705-431-8486

### Clinical Support
- Simcoe Muskoka District Health Unit
  - Breastfeeding Place
  - Healthy Babies/Healthy Children Program
  - Ontario Early Years Centre
  - CPNP MotherCare Program
- Family Doctor/Nurse Practitioner
- Barrie & Community Family Health Team
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- Midwives of York Region
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- Lactation Consultants ($)
  - www.onantiodoulas.org

### Out of Area Support
- Brampton- The Doctors' Breastfeeding Clinic
  - GHP Clinic, Mon-Fri AM, Tues & Thurs PM
  - 1-888-807-0650
- Orillia Soldiers' Memorial Hospital
  - 705-325-2201 ext.3123
- Toronto - Drop in Breastfeeding Clinic
  - Toronto East General Hospital
  - 825 Coxwell Ave
  - Child & Teen Clinic on the main floor of the hospital, G111 in the Mortimer Lobby
  - Mon to Sat (closed Sun & stat holidays) 10 am to 3 pm
  - Register Admitting Department (Mon-Fri)
  - Go directly to Breastfeeding Clinic (Sat)
  - 416-499-6667
- Toronto - International Breastfeeding Centre ($)
  - (Physician or Midwife referral required)
  - 1-416-498-0002

### Breast Pump Rental
- Alliston - Stevenson Memorial Hospital (Obstetrics)
  - 705-435-6281 ext. 2236
- Barrie - ProCare Pharmacy
  - 125 Bell Farm Rd
  - 705-722-7474
- Barrie - PureHealth Pharmacy
  - RVH Outpatient Pharmacy
  - 705 797-3070
- Barrie - Shoppers Home Health Care
  - (524 Bayfield St.)
  - 705-722-6336

### Websites and Apps
- Simcoe Muskoka District Health Unit (SMDHU) www.simcoemuskokahealth.org
- Barrie and Community Family Health Team www.barriefht.ca
- Newman Breastfeeding Clinic and International Breast-feeding Centre www.nbci.ca
- La Leche League Canada www.llc.ca
- Canadian Pediatric Society www.caringforkids.cps.ca
- INFANT Canada www.infantcanada.ca
- World Health Organization www.who.int/topics/breastfeeding/en
- Breastfeeding Resources Ontario www.breastfeedingresourcesontario.ca

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**International Breastfeeding Centers**
- Bradford: Stevenson Memorial Hospital
  - 705-435-3377 ext. 2346
  - www.barriefht.ca
  - www.infosimcoecounty.ca
  - www.who.int/topics/breastfeeding/en

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**Dial 211**

**Ontario Breastfeeding Resources**
- www.breastfeedingresourcesontario.ca
- 1-800-877-7520 or
  - 905-775-3039 ext. 229
- 705-721-7520
  - 1-877-721-7520

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**Midwives of York Region**
- 705 435-2406*
  - *midwifery clients only
- 905-713-0022
  - *Midwifery clients only

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**Association of Ontario Doulas ($)**
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**Caring Hands Midwifery**
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**Lactation Consultants ($)**
- Dial 211

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**Ontario Early Years Centre Bradford**
- 905-775-3039 ext. 229

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**La Leche League**
- 1-800-665-4324

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**Coping with Mastitis**
- 705-721-7520

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**Breastfeeding Telephone Line**
- 1-888-877-7520 (24 hours per day)
  - Motherisk
  - 1-877-439-2744

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**International Breastfeeding Centers**
- BC: Vancouver General Hospital
  - 604-875-6655
- ON: St. Michael’s Hospital
  - 416-585-4971

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**Breastfeeding Resources**
- www.breastfeedingresourcesontario.ca

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**Appointment Scheduling**
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**Breastfeeding Education**
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**Breastfeeding Support**
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<table>
<thead>
<tr>
<th>AGENCY/SERVICE</th>
<th>DESCRIPTION OF SERVICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alliston Midwives – Caring Hands Midwifery Services</td>
<td>A midwife is a registered health care professional who provides primary care to women during pregnancy, labour and birth, and providing care to mothers and babies during the first six weeks postpartum. <em>Prenatal registration is required.</em></td>
</tr>
<tr>
<td>Association of Ontario Doulas ($)</td>
<td>A doula provides non-clinical physical and emotional support and care to a woman and her support persons before, during and after childbirth including breastfeeding and newborn care. To find a doula, visit Association of Ontario Doula.</td>
</tr>
<tr>
<td>Barrie &amp; Community Family Health Team Lactation Services</td>
<td>One to one support with a lactation consultant on Mondays, Thursdays, Fridays and every other Tuesday 9 am to 4 pm. One to one support with a Public Health Nurse on every other Tuesday 9 am – 3:30 pm. Patients can self-refer and do not need to be a member of the BCFHT to access this service. The clinic is located at 370 Bayview Drive, 3rd Floor, Barrie, ON.</td>
</tr>
<tr>
<td>Brampton - The Doctors' Breastfeeding Clinic (OHIP)</td>
<td>One to one support from a physician and Lactation Consultant by appointment. Available for out of region families. Call 1-888-807-0650.</td>
</tr>
<tr>
<td>Breastfeeding Place</td>
<td>The Breastfeeding Place is an informal weekly meeting of mothers and babies in a family-friendly setting. A public health nurse is present to provide information and support to the group and confidential, individual assistance to women. This group gathers every Thursday from 1:00 – 2:30 at the Bradford West Gwillimbury Public Library, 425 Holland Street.</td>
</tr>
<tr>
<td>Canada Prenatal Nutrition Program MotherCare Program</td>
<td>MotherCare is a weekly drop-in program that provides information and support to pregnant individuals who are low-income, teen/young parents or are new to Canada. This program is offered at the following locations: • Bradford – Ontario Early Years Centre (118 Barrie Street): Wednesdays, 1:00pm – 3:00pm</td>
</tr>
<tr>
<td>Dial 211</td>
<td>Access information on line or dial 211 to speak with a 211 information specialist to find local community programs/supports. The service is free, and offered 24/7.</td>
</tr>
<tr>
<td>La Leche League</td>
<td>Breastfeeding information, support and encouragement either by phone consultations or monthly group meetings. For more information please call 1-800-865-4324.</td>
</tr>
<tr>
<td>Midwives of York Region</td>
<td>A midwife is a registered health care professional who provides health care to women during pregnancy, labour and birth, and provides care to mothers and babies during the first six weeks postpartum including breastfeeding support. <em>Prenatal registration is required.</em></td>
</tr>
<tr>
<td>Motherisk</td>
<td>Expert information on medications, infections and chemical exposures during pregnancy and breastfeeding.</td>
</tr>
<tr>
<td>Newman Breastfeeding Clinic</td>
<td>For breastfeeding information, to email a question and/or to book an individual consultation appointment at the clinic. The clinic is located in Toronto. <em>Physician or Midwife referral required.</em></td>
</tr>
<tr>
<td>Ontario Early Years Centre</td>
<td>The Ontario Early Years Centre (OEYC), located in Bradford at 118 Barrie Street, offers peer support to new mothers through their <em>Regular Stay, Play and Learn Programs, New Parents program.</em></td>
</tr>
<tr>
<td>Orillia Soldiers’ Memorial Hospital Breastfeeding Clinic</td>
<td>The clinic’s service is provided Mon, Tues, Thurs &amp; Fri. between from 7 a.m. and 3 p.m., by appointment only. Not restricted to patients of Orillia Soldiers’ Memorial Hospital.</td>
</tr>
<tr>
<td>Physician/ Nurse Practitioner</td>
<td>Medical services/supports provided by a doctor, nurse or nurse practitioner.</td>
</tr>
<tr>
<td>Prenatal Classes ($)</td>
<td>Prenatal and childbirth education. Dial 211 (or click) for a list of providers.</td>
</tr>
<tr>
<td>Private Lactation Consultants ($)</td>
<td>Fee based breastfeeding lactation support. Call (or click) 211 for a list of providers.</td>
</tr>
<tr>
<td>SMDHU – Prenatal Classes</td>
<td>Prenatal series of classes offered to expectant parents in the last trimester of pregnancy.</td>
</tr>
<tr>
<td>SMDHU – Healthy Babies/Healthy Children Program</td>
<td>Home visiting for pregnant women and parents with children up to the transition to school. Breastfeeding support available. Family home visitor program available.</td>
</tr>
<tr>
<td>SMDHU – Health Connection</td>
<td>Breastfeeding information and support provided by a public health nurse over the telephone. A link to local health information, support and community services during and after pregnancy. Monday to Friday 8:30 am – 4:30 pm or contact by email, Facebook or Twitter.</td>
</tr>
<tr>
<td>Stevenson Memorial Hospital</td>
<td>At Stevenson Memorial Hospital registered nurses provide breastfeeding education and support for the duration of the family’s stay. A discharge package is also provided that details community resources for ongoing support. Electric breast pump rental is available from the obstetrics floor.</td>
</tr>
<tr>
<td>Telehealth</td>
<td>Free, confidential telephone service to get health advice or general health information from a registered nurse. 24/7</td>
</tr>
<tr>
<td>Toronto Drop in Breastfeeding Clinic – Toronto East General Hospital</td>
<td>Drop in breastfeeding clinic. One to one support in a clinic setting. No appointment needed. Bring OHIP Card.</td>
</tr>
</tbody>
</table>

Updated and Revised by the Simcoe Muskoka District Health Unit in collaboration with local breastfeeding Stakeholders and Partners, June 2017.

The contact information and services available can change over time. The electronic version is updated as new information is made available and can be accessed at [http://www.simcoemuskokahealth.org/JFY/PCPortal/PCPCategories/MaternalAndChildHealth/Breastfeeding.aspx](http://www.simcoemuskokahealth.org/JFY/PCPortal/PCPCategories/MaternalAndChildHealth/Breastfeeding.aspx)