

# Breastfeeding Supports in Wellington County

Breastmilk is the natural food for babies. It contains everything your baby needs. Health Canada recommends feeding your baby only breastmilk for the first six months. At six months, begin to introduce solid foods and continue breastfeeding for up to two years and beyond. These breastfeeding supports can help you breastfeed as long as you and your baby want.



## IMPORTANT

Contact your healthcare provider or Telehealth at 1-866-797-0000 today if:

- Your baby is very sleepy and hard to wake for feedings.
- Your baby is crying and will not settle after feedings.
- Your baby does not have enough wet and dirty diapers.
- You have a concern or feel that something is not right with your baby.
- Your nipples are sore and are not getting better.
- You have a fever, chills, flu-like symptoms, or a red and painful area on your breast.
- You feel overwhelmed or not able to cope.

	Free Breastfeeding Support	How To Participate
Public Health	<b>Breastfeeding Clinics:</b> Public health nurses are available to answer your breastfeeding questions, help get you started, support you through challenges, and encourage you to continue to breastfeed your baby. For more information visit <a href="http://wdgpublichealth.ca">wdgpublichealth.ca</a> .	<b>Mt. Forest Clinic (drop-in):</b> Tuesdays 1 – 3 p.m. Public Health, 311 Foster Street
		<b>Palmerston Clinic (by appointment):</b> Thursdays 3:30 – 4:30 p.m. Palmerston and District Hospital 500 Whites Road Call 519-343-2030 ext. 4230 to book an appointment.
		<b>Fergus Clinic (by appointment):</b> Wednesdays 1 – 2:30 p.m. Public Health Office 474 Wellington Road 18, Suite 100 Call 1-800-265-7293 ext. 3616 to book an appointment.
	<b>Let's Talk Parenting Line:</b> Public health nurses are available to answer your questions by phone.	Call 1-800-265-7293 ext. 3616 Monday – Friday 9 a.m. – 4 p.m. <a href="http://wdgpublichealth.ca/LTP">wdgpublichealth.ca/LTP</a>
Upper Grand FHT	<b>Breastfeeding Café:</b> Peer-to-peer breastfeeding support, and encouragement for pregnant and breastfeeding women. A trained facilitator is available to provide information and assistance with breastfeeding.	Drop-in Program: Fridays 1:30 – 3:30 p.m. Upper Grand Family Health Team 753 Tower St. S., Fergus Call 519-843-3947 <a href="https://www.facebook.com/BreastfeedingCafe-UpperGrandFamilyHealthTeam">f Breastfeeding Cafe - Upper Grand Family Health Team</a>
GCHC	<b>WE Breastfeed:</b> Trained volunteers who have breastfed offer telephone support in different languages.	Call 519-821-6638, Ext. 250 to be matched with a volunteer. Monday-Friday, 9 a.m. – 5 p.m. Guelph Community Health Centre <a href="https://www.facebook.com/WeBreastfeed">f @WeBreastfeed</a>

# Additional Free Breastfeeding Supports & Information

## Speciality Pediatric and Lactation Clinic:


For a referral to Pediatrician Dr. Mantynen and Nurse Practitioner and Lactation Consultant Tara Boyes contact your doctor or midwife. Located in the Zehrs Superstore at 200 Franklin Blvd., Cambridge, 519-620-3600.

**Motherisk:** Information about breastfeeding and medications, drugs, and alcohol. Visit [www.motherisk.org](http://www.motherisk.org) or call 416-813-6780 Monday – Friday from 9 a.m. – 5 p.m. for information and support.


**Telehealth Ontario 1-866-797-0000:** A free, confidential telephone service you can call for breastfeeding help from a Registered Nurse. Available 24 hours a day, 7 days a week.

## Bilingual Online Ontario Breastfeeding Services:

Search for breastfeeding services across Ontario: [ontariobreastfeeds.ca](http://ontariobreastfeeds.ca)

**La Leche League Guelph:** Visit [www.LLLC.ca](http://www.LLLC.ca) for more information or join them on  [@LLLCGuelph](https://www.facebook.com/LLLCGuelph)

## Fee-for-Service Breastfeeding Services

- International Breastfeeding Centre/Newman Breastfeeding Clinic (Toronto) Call 416-498-0002 or visit [www.nbci.ca](http://www.nbci.ca) to book an appointment (breastfeeding videos and information sheets also available on website).
- Cecily Heslett, IBCLC, Private Lactation Consultant in Fergus and Elora. Call 519-993-7517 or email [cecily@cecilyheslett.ca](mailto:cecily@cecilyheslett.ca). [www.cecilyheslett.ca](http://www.cecilyheslett.ca)
- Robin Berger RN, IBCLC, Private Lactation Consultant. Call 519-928-5416 or find on  [Robin Berger - Breastfeeding & Parenting Support](#)
- Visit [www.ilca.org](http://www.ilca.org) to find a lactation consultant in your area.
- Donna Legge-Nevett, Pediatric Occupational Therapist. Call 519-787-4100 or email [donna@ontariohealth.org](mailto:donna@ontariohealth.org).
- Association of Ontario Doulas. Find a doula at [ontariodoulas.org](http://ontariodoulas.org). or contact regional rep. Dawn Humphrey 519-993-7103 or [info@douladawn.ca](mailto:info@douladawn.ca).

## Breast Pump Rentals – Medela:

- Suelaine Poot 519-343-3745, 9455 Road 146 RR #2 Palmerston. Available weekends and holidays.
- The Elora Apothecary [www.eloraapothecary.ca](http://www.eloraapothecary.ca) Pharmasave 226-369-0312, 115 Geddes St., Unit B, Elora
- Robin Berger 519-928-5416 – Grand Valley
- Guelph Norfolk Pharmacy 519-837-9141

## Breast Pump Rentals – Ameda:

- Centre Wellington Remedy's Rx [www.remedys.ca/store/centrewellington](http://www.remedys.ca/store/centrewellington) 226-383-9461, 1-855 St. David Street N., Fergus

Minto-Mapleton  
Family Health Team



La Leche League Canada



Countryside Midwifery Services

ASSOCIATION OF  
Ontario  Doulas



Mount Forest  
Family Health Team



This resource was created by the Wellington Breastfeeding Collaborative to increase awareness of breastfeeding supports and services in our community. The Collaborative, including the agencies with logos above, do not endorse any specific brand of products, services or businesses contained in this resource. If you offer breastfeeding supports or services in this community and you would like your information included in the next edition of this resource or you would like to join the Wellington Breastfeeding Collaborative please contact [info@wdgpublichealth.ca](mailto:info@wdgpublichealth.ca).