

# Durham Region Breastfeeding Resources

## **Durham Region Health Department**

Free programs and services provided by registered nurses for babies of all ages

Breastfeeding support available by phone, virtual or in-person

Please call Durham Health Connection Line or visit [durham.ca](http://durham.ca) for the most up to date information

## **Durham Health Connection Line**

9:00 a.m. – 5:00 p.m. (M-F)

**905-668-2020 or 1-800-841-2729**

**[durham.ca/breastfeeding](http://durham.ca/breastfeeding)  
[durham.ca/onlineprenatalclasses](http://durham.ca/onlineprenatalclasses)  
[breastfeedinginfo.ca](http://breastfeedinginfo.ca)**

## **La Leche League Canada**

Free telephone and online help and informal drop-in group meetings by trained volunteer leaders

**1-800-665-4324**

**lllc.ca**

## **Health Connect Ontario**

24/7 Breastfeeding support

**Call 811**

**TTY: 1-800-797-0007**

## **Best Start's BILINGUAL Breastfeeding Services**

**[ontariobreastfeeds.ca](http://ontariobreastfeeds.ca)**

## **Lactation Consultants (fee for service)**

One to one support for normal and complex breastfeeding matters

**[iblce.org](http://iblce.org)**

**[ilca.org](http://ilca.org)**

## **Lakeridge Health Corporation**

Prenatal birthing classes & prenatal breastfeeding classes

**Oshawa, Ajax & Port Perry sites**

**905-576-8711 x 34116**

**[lakeridgehealth.on.ca/en/ourservices/classesandtours.asp](http://lakeridgehealth.on.ca/en/ourservices/classesandtours.asp)**

## **Information Durham**

Lamaze, Doula Services, Prenatal Education & Classes, Breastfeeding services and more

**Call 211**

**<https://211central.ca/durham-region/Breastfeeding>**

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(updated annually)

Please photocopy as needed

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**[durham.ca/health](http://durham.ca/health)**



# Find Breastfeeding Help Near You...

## Ajax/Pickering

Lakeridge Health Ajax Pickering Hospital: 580 Harwood Ave., South

Prenatal breastfeeding classes: **905-576-8711 ext. 34116**

Breastfeeding clinic: **905-683-2320 ext. 11202** (appointment only, up to 10 days post-partum)

La Leche League: [llc.ca/llc-ajax-pickering-daytime](http://llc.ca/llc-ajax-pickering-daytime)

Your Health Collective: **905-619-3737** | [yourhealthcollective.ca](http://yourhealthcollective.ca)

375 Finley Ave, Suite 101, Ajax

Free Breastfeeding clinic (call or register on-line)

## Pump Rentals & Sales

Shoppers Home Health Care: **905-427-4171**

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## Clarington

La Leche League: <https://www.llc.ca/llc-bowmanville>

## Pump Rentals & Sales

Courtice Home Health Care: **905-721-0004**

Pharmasave: **905-432-8888**

Medicine Chest Pharmacy: **905-697-3784**

Remedy's RC Global Drug Mart: **905-623-2333**

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## North Durham

New Life Centre, Lakeridge Health Port Perry Hospital

Prenatal Breastfeeding class: **905-576-8711 ext. 45525**

Baby Café: <https://www.durhamfamilyresources.org/calendars/>

## Pump Rentals & Sales

Shoppers Drug Mart: **905-985-8886**

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## Oshawa/Whitby

Lakeridge Health Oshawa Hospital

Prenatal Breastfeeding class: **905-576-8711 ext. 34116**

Breastfeeding clinic: **905-576-8711 ext. 34076**

(appointment only, up to 10 days post-partum)

Durham Region Health Department: **1-800-841-2729**

605 Rossland Road East, 2nd floor, Whitby

\*Breastfeeding clinic | Mon/Wed/Fri - 9:00 am - 3:00 pm

(appointment only)

La Leche League: [llc.ca](http://llc.ca) (virtual meetings)

## Pump Rentals & Sales

Shoppers Home Health Care: **905-579-5300**

Total Health Pharmacy: **905-433-2111**

Durham Medical: **905-728-1112**

**\*Check calendar for current schedule:**

[durham.ca/publichealthcalendar](http://durham.ca/publichealthcalendar)