

Other Helpful Information

Breastfeeding Instructional Videos

<http://www.peelregion.ca/health/family-health/breastfeeding/resources/video/>

Breastfeeding Matters Book

(available from your doctor's office or public health)

http://www.beststart.org/resources/breastfeeding/pdf/BreastfeedingMatters_2013_low_rez_reference.pdf



Grey Bruce Health Unit

101 17th Street East
Owen Sound, Ontario
N4K 0A5

519-376-9420 or 1-800-263-3456
www.publichealthgreybruce.on.ca



Grey Bruce Health Unit



@GBPublicHealth



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Breastfeeding Help and Support in Grey Bruce

Free services



Visit the Public Health Website

www.publichealthgreybruce.on.ca



Telehealth Ontario

Free Access to a Registered Nurse
24 Hours a day, 7 days a Week.
You do not need to provide your health card number and all information is confidential. It doesn't hurt to call.

Call 1-866-797-0000
TTY: 1-866-797-0007

Dr. Jack Newman

International Breastfeeding
Centre. 1-416-498-0002
<http://www.breastfeedinginc.ca/>

Breastfeeding Clinics

Walkerton

**Walkerton Breastfeeding Clinic
with Marion Cooper, R.N., IBCLC**

To book an appointment call 519-507-2021
Ext. 41

Clinic location is the Walkerton Hospital (South
Bruce Grey Health Centre)
21 McGivern Street West, Walkerton, On

Owen Sound

**Grey Bruce Health Services
Breastfeeding Clinic with Deanna Hamill
R.N., IBCLC, PNC, (C)**

To book an appointment call 519-376-2121
Ext. 3928.

This clinic is held at the Owen Sound Hospital
(Grey Bruce Health Services), 1800 8th Street
East, Owen Sound, On

**Grey Bruce Pregnancy Care Centre
Breastfeeding Clinic with Patricia
Roppel-Keeling, IBCLC**

To book an appointment call 519-371-2004,
519-377-9725, or 1-888-371-2004.

This clinic is held at the Owen Sound
Pregnancy Care Centre
259 10th Street East, Owen Sound, On

Markdale

**SEGCHC with Kailey Marshall RPN.,
IBCLC**

To book an appointment call 519-986-2222 Ext 3
55 Victoria St. Markdale, On

Hanover

**Hanover Family Health Team (FHT)
Breastfeeding Clinic with Amy Dow, RD,
IBCLC**

This clinic is for patients rostered with Hanover
FHT. Located in Hanover and District Hospital at
90 7th Ave (2nd floor). To book an appointment,
call 519-506-4348.

La Leche League

La Leche League helps mothers across Ontario to breastfeed through support from other mothers and education. Visit the websites below or contact local leaders for information.

Call 1-800-665-4324 or visit www.lllc.ca

LLLC – Owen Sound

<http://www.lllc.ca/llc-owen-sound>

- Mary Lynn 519-377-4931
- Patricia 519-377-9725
- Emily 519-470-0631

LLLC – Hanover/Walkerton

<http://www.lllc.ca/llc-hanover-walkerton>

- No active group at this time.

LLLC – Kincardine

<http://www.lllc.ca/lll-kincardine>

- No active group at this time.

Hospitals in Grey and Bruce

Call the hospital nearest you and ask to speak to a maternal/child nurse.

Baby Groups in Grey Bruce

Come and meet other new parents to discuss adjusting to parenthood, family and baby health, as well as breastfeeding support. Find a [Baby Group](#) near you.

Other Grey Bruce Community Resources for Families

[http://www.publichealthgreybruce.on.ca/Child and Family Health](http://www.publichealthgreybruce.on.ca/Child%20and%20Family%20Health)