

Grey Bruce Breastfeeding Service Map for Providers – January 2018

This is a list of available breastfeeding supports in and around the Grey Bruce area for use both internally and by the members of the Grey Bruce Breastfeeding Coalition.

Local Breastfeeding Clinics:

Breastfeeding Clinic with Marion Cooper, RN, IBCLC

- **Thursday mornings at the Walkerton site of the Brockton Family Health Team**
- To book an appointment, patients can call Marion Cooper at 519-507-2021 ext. 41. Service is open to the public and alternative dates and times can be arranged.
- Clinic location: Walkerton Hospital (South Bruce Grey Health Centre), 21 McGivern Street West, Walkerton. If faxing a referral, include patient's name and phone number and fax to 519-507-2024.

Grey Bruce Health Services Breastfeeding Clinic with Deanna Hamill RN, IBCLC

- **Monday, Wednesday, Thursday and Friday**
- To book an appointment, patients can call 519-376-2121 ext. 3928.
- Clinic Location: Grey Bruce Health Services- Owen Sound, 1800 8th Street East, Owen Sound.

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

- **Scheduled appointments on Wednesdays from 1:30 - 4pm.**
- **Scheduled appointments on Fridays from 11 - 2 pm.**
- To book an appointment, patients can call 519-377-9725, 519-371-2004, or 1-888-371-2004.
- Clinic Location: The Owen Sound Pregnancy Crisis Centre, 259 10th Street East, Owen Sound.

Hanover Family Health Team Breastfeeding Clinic with Amy Dow, RD, IBCLC

- Rostered patients can call to book an appointment at 519-506-4348
- Clinic Location: Hanover and District Hospital, 90 7th Ave (2nd floor)

South East Grey Community Health Centre with Kailey Marshall RPN, IBCLC

- Everyone welcome call to book an appointment 519-986-222 Ext 3
- Clinic Location: 55 Victoria St., Markdale

Other Breastfeeding Supports:

- If connected with a Family Health Team (FHT), encourage mothers to call to see if breastfeeding support is offered there.
- **Hanover FHT** offers a free prenatal program, which includes a breastfeeding component, for both rostered patients and patients not rostered with the HFHT. Call the Hanover FHT reception at 519-506-4348 or 1-855-677-4348. Located at Hanover and District Hospital, 90 7th Ave on the 2nd floor. Individual appointments for breastfeeding support, is offered for rostered patients only.
- **Midwives Grey Bruce:** Clients of midwifery care are routinely seen at home by their midwife, at least 4 times in the first 2 weeks postpartum. One of the main purposes of these visits is to provide breastfeeding support. Additional home visits are arranged if breastfeeding difficulties arise. Location: 265 8th St E Owen Sound Phone: 519-371-2886

Resources:

Telehealth Ontario 1-866-797-0000 TTY: 1-866-797-0007

24 hr, 7 days/week telephone breastfeeding support provided by a Registered Nurse.

Group/Peer Support:

La Leche League Canada: www.lllc.ca 1-800-665-4324

La Leche League helps mothers to breastfeed through support from other mothers and education. Grey Bruce has excellent active groups in our area and many local leaders are available over the phone in the evenings and on weekends. Visit websites below for group contact information:

- LLLC – Owen Sound <http://www.lllc.ca/llc-owen-sound>
- LLLC – Hanover/Walkerton <http://www.lllc.ca/lllc-hanover-walkerton> Not active at this time.
- LLLC – Kincardine <http://www.lllc.ca/lll-kincardine> Not active at this time.

Support in Neighbouring Counties:

Wellington Dufferin Guelph Health Unit: <https://www.wdgppublichealth.ca/> 1-800-265-7293

- Mount Forest Breastfeeding Clinic Drop-in on Tuesday from 1-3 pm.
 - For moms with babies 12 weeks of age and under, no appointment required. Located at 311 Foster Street, Mount Forest.
- Breastfeeding Clinic Drop-in also available in Guelph, Orangeville, Shelburne, Fergus, Shelldale and Palmerston. See website for more details.

Simcoe Muskoka District Health Unit: <http://www.simcoemuskokahealth.org/> 1-877-721-7520

- Breastfeeding Place is a weekly drop-in group for mom-to-mom support as well as an opportunity to receive support from a Public Health Nurse.
- Breastfeeding Place in Collingwood: Wednesday 1030am - 12 pm at the Ontario Early Years Center (OEYC), 250A Peel Street.
- Breastfeeding Place services also available in Barrie, Alliston, and Bradford. See website for details.
- Collingwood General and Marine Hospital: Offers breastfeeding support to those clients who have delivered in that hospital. To book an appointment patients can call: 705-445-2550

Huron County Health Unit: <http://www.huronhealthunit.com/> 1-877-837-6143

- Offers drop-in breastfeeding support with an IBCLC or Public Health Nurse:
- Wingham: Tuesday 0900h-1200h at 288 Josephine Street, Wingham. Call 519-357-4993.
- Exeter: Friday 0900h-1200h at South Huron Medical Centre, Exeter. Call 519-482-3416.
- Goderich: Friday 0900h-1200h at Maitland Valley Medical Centre, Goderich. Call 519-524-6060.

Dr. Jack Newman: Newman Breastfeeding Clinic and Institute. Appointments are 60-90 minutes, Fee: \$73.45. Location: 1255 Sheppard Av E, North York, ON Phone: 1-416-498-0002
<http://www.breastfeedinginc.ca/>