

Breast Pump Rental

Centre De Sante Communautaire de l'Estrie

*Lends breast pumps for Centre de Sante clients only

Alexandria (Fr) 613-525-5544
Bourget 613-487-1802
Cornwall (Fr) 613-937-2683
Crysler 613-987-2683
Embrum 613-443-3888

TLC Medical Supply Kemptville
613-258-3344

For a list of other suppliers please
see : www.ottawabreastfeeds.ca

Online Support

Bilingual Online Breastfeeding
Services

www.ontariobreastfeeds.ca

Parenting in Ottawa

www.parentinginottawa.ca

Lactation Clinic Ontario

www.lactationclinic.com

International Breast Feeding Center -
Jack Newman

www.ibconline.ca

www.breastfeedingonline.com

drjacknewman@sympatico.ca

The Mothers Program

www.themothersprogram.ca



Breastfeeding Support

Programs and Services

24 Hour Bilingual Breastfeeding Support

Telehealth

1-866-797-0000



**RIDEAU
ST. LAWRENCE**
FAMILY HEALTH TEAM

Drop in Centers in the Area

- Watch Me Grow
EarlyON Child and Family
Center Winchester
530 Fred St Suite C
9-11:30am & -2 :30pm
- Watch Me Grow
EarlyON Child and family
Center Morrisburg
South Dundas Municipality
Building 34 Ottawa St
Tuesdays 9-11 :30am
- Watch Me Grow
EarlyON Child and Family
Center Embrum
Ecole Riviere Castor
100 Maheu St
Wednesdays 9-11 :30am
- Watch Me Grow
EarlyON Child and Family
Center Cornwall

130 Sydney St
Tues & Thurs
9-11:30am & 1-3:30pm

610 McConnel Ave
Twice a month on Fridays
9-11:30am

** Due to covid there may be changes to programs. Please call for more info or to set up an appointment

1-800-267-7120 or 1-613-933-1375

Lactation Support

La Leche League of Eastern Ontario

- La Leche League
Winchester-Kemptville
llc.ca/lllc-winchester-kemptville
llcwinchester@hotmail.com
2nd Tuesday of month afternoon
4th Thursday of month
- La Leche League
Cornwall
Lalecheleague.cornwall@gmail.com
2nd Tuesday of the month

** Due to covid, there may be changes to programs.

Please visit www.llc.ca or call 613-238-5919

Le Leche League is now offering virtual meetings. Please visit

www.llc.ca/virtual-meetings-calendar



Lactation Consultants

- Adria MacMartin IBCLC
Winchester
AMacMartin66@gmail.com
- Lynne Lacroix IBCLC
1-613-361-7441
- Diane Lagace I.A. IBCLC
1-613-620-7227
Diane.legace@gmail.com
- Carol Branchaud RN IBCLC
1-613-360-2797
CarolBranchaudLactation@Gmail.com

*lactation consultants may be private paying and not covered by OHIP

Midwives

Midwives provide primary care to women already under their care for up to 6 weeks after birth. They are a good source for breastfeeding information and support. Their services are covered by the Ontario Ministry of Health and Long-Term Care.

Gentle Beginnings Midwifery

- 30 Thirteenth St E Cornwall
1-613-933-3030
- 462 Winchester Main
1-613-774-3131
- 868 Notre Dame Embrum
1-613-443-0335

www.gentlebeginningsmidwifery.net