

# Locations for breastfeeding support across Ottawa

## Phone, virtual or in person- **Oct 14, 2020**

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <p>Southeast Ottawa CHC by appointment<br/>613-737-5115 ext 2327</p> <p>Somerset West CHC by appointment<br/>613-688-1177<br/>Catchment only</p> | <p>Pinecrest Queensway CHC by appointment<br/>613-820-4922 ext 3604</p> <p>Centretown CHC by appointment 613-233-4697</p> | <p>Pinecrest Queensway CHC by appointment<br/>613-820-4922 ext 3604</p> <p>Carlington CHC<br/>For appointments email:<br/><a href="mailto:jsullivan@carlington.chc.org">jsullivan@carlington.chc.org</a></p> <p>Kanata Breastfeeding Support Drop-in Clinic<br/>46 Castlefrank Dr.<br/>1-3pm<br/>\$ for service.<br/>Appointment option<br/>613-276-7793 or 613-355-1615</p> | <p>Pinecrest Queensway CHC by appointment<br/>613-820-4922 ext 3604</p> <p>Carlington CHC<br/>For appointments email:<br/><a href="mailto:jsullivan@carlington.chc.org">jsullivan@carlington.chc.org</a></p> <p>Southeast Ottawa CHC by appointment<br/>613-737-5115 ext 2327</p> <p>Somerset West CHC by appointment<br/>613-688-1177<br/>Catchment only</p> | <p>Pinecrest Queensway CHC by appointment<br/>613-820-4922 ext 3604 only day for acute in person</p> <p>Carlington CHC<br/>For appointments email:<br/><a href="mailto:jsullivan@carlington.chc.org">jsullivan@carlington.chc.org</a></p> |

7 days/week Ottawa Public Health Baby Info Line 613-580-2424 ext 23774, appointments Tuesday and Thursday on an as needed basis. Closed statutory holidays.

## Locations for WEIGHT CHECKS across Ottawa Oct 14, 2020

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <p>Southeast Ottawa CHC by appointment<br/>613-737-5115 ext 2327</p> <p>Somerset West CHC by appointment<br/>613-688-1177<br/>Catchment only</p> | <p>Centretown CHC<br/>1 - 4 pm by appointment<br/>613-233-4697. Please note: this is not a medical appointment and a health care provider will not assess baby weights.</p> | <p>Carlington CHC by appointment<br/><a href="mailto:jsullivan@carlington.ochc.org">jsullivan@carlington.ochc.org</a></p> <p>Kanata Breastfeeding Support Drop-in Clinic<br/>46 Castlefrank Dr. 1-3pm<br/>\$ for service.<br/>613-276-7793 or 613-355-1615</p> | <p>Southeast Ottawa CHC by appointment<br/>613-737-5115 ext 2327</p> <p>Somerset West CHC by appointment<br/>613-688-1177<br/>Catchment only</p> | <p>Pincrest-Queensway CHC by appointment<br/>613-820-4922 ext 3604</p> |

# Independent Practice Lactation Consultants (IBCLC) **Oct 14, 2020**

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- Ginette Bertrand IA, Bsc inf, IBCLC Service Perinatal Service Since 1995 West and East Ottawa locations visite à domicile/home visits to Ottawa Bilingue/bilingual 613-746-9480
- Sonya Boersma BN, MScN, RN, IBCLC Lactation Care since 2003 West end based. City-wide visits 613-355-1615 [sonya-boersma@rogers.com](mailto:sonya-boersma@rogers.com) [www.lactationcare.ca](http://www.lactationcare.ca)
- Sue Thériault Valin, BSc, IBCLC visite à domicile/home visits to Ottawa/Gatineau Bilingual/bilingue 613-276-7793 [suetv.ibclc@gmail.com](mailto:suetv.ibclc@gmail.com)
- Rawya Abdalla, MBBCh, MSc, CRGS, RDMS, IBCLC Available week days and week ends 7-9 PM Consults available in English and Arabic 613-265-4656 [rawya1@gmail.com](mailto:rawya1@gmail.com)
- Tobi-Lynn Bayarova, Registered Midwife (Quebec)/Sage-femme, IBCLC Gatineau based Bilingue/bilingual 819-661-2738 [tlb.sagefemme@gmail.com](mailto:tlb.sagefemme@gmail.com)
- Lyne Lacroix IBCLC, RLC Serving Eastern Ontario (Prescott-Russell, Stormont, Dundas and Glengarry) Office Consultations 613-361-7441 Facebook: [lynelacroixibclc](https://www.facebook.com/lynelacroixibclc)
- Beth McMillan, BA IBCLC 613-298-6847 at Milkface Lactation Services or [livewellmfr.com](http://livewellmfr.com) 613-706-2811
- Britt Pegan, IBCLC Milkface Lactation Services 1572 Carling Ave 613-596-1170 online, phone and in person consults available [www.milkface.com](http://www.milkface.com)
- Susan Wheat, IBCLC Virtual visits 613-447-8726 [susanibclc@gmail.com](mailto:susanibclc@gmail.com)
- Trish Toompuu, Latch Lactation consulting IBCLC, Pediatric RN, Home visits, Text/call 613-266-5553 Facebook: Latch Lactation Consulting
- Adria MacMartin Infant Feeding Support Services 613-867-5175 [AMacMartin66@gmail.com](mailto:AMacMartin66@gmail.com)

## Other Resources **Oct 14, 2020**

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- La Leche League – 7 day/week mother-to-mother support & virtual meetings [www.lllc.ca](http://www.lllc.ca)
- MotherWit Ottawa Doula Care - postpartum doulas (\$)
- [Postpartum-support-drop-in-for-moms](#) with a focus on anxiety and depression (Susan Martenson)
- Virtual Groups, Ask the LC (\$) [www.lactationcare.ca](http://www.lactationcare.ca)
- Telehealth Ontario breastfeeding support [+1 866-797-0000](tel:+18667970000)
- Ottawa Breastfeeds [www.ottawabreastfeeds.ca](http://www.ottawabreastfeeds.ca) – for the Ottawa area, and, many resources available virtually for any region

# La Leche League Canada

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- Telephone Support - Ottawa Chapter Warm Line 613-238-5919
- Virtual Meeting Calendar - <https://www.lllc.ca/virtual-meetings-calendar>
- Find local Leaders & local virtual meetings - <https://www.lllc.ca/groups-map>
- Social Media
  - Local Groups on Facebook: <https://www.facebook.com/LLLCOttawaGatineau/>
  - La Leche League Canada on Facebook: <https://www.facebook.com/LaLecheLeagueCanada/>
  - Instagram: <https://www.instagram.com/lalecheleaguecanada/>
  - Twitter: <https://twitter.com/LLLCanada>



# Ligue La Leche

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- Téléphone : 1 866 ALLAITE
- Courriel : [information@allaitement.ca](mailto:information@allaitement.ca)
- Trouver une monitrice :  
<https://allaitement.ca/lorganisme/services/trouver-une-monitrice/>
- Média sociale :
  - [https://www.instagram.com/lique\\_la\\_leche/](https://www.instagram.com/lique_la_leche/)
  - <https://twitter.com/LiqueLaLeche>
  - <https://www.facebook.com/LiqueLaLeche/>

