

# Breastfeeding Drop-In and Support

## CLINICS AND BREASTFEEDING PARENT GROUPS:

**Call for information, to make an appointment or just drop in for individual consultation and/or group activities with lactation consultants and breastfeeding counselors. At least one clinic is available Monday to Friday.** Appointments advisable for individual consultations to ensure adequate time allowed.

### River East/Transcona

Access River East, 975 Henderson Hwy, Phone 938-5000

- Monday (except Holidays) 1:30-3:30 pm individual consultations
- Breastfeeding support group 1:30-3:30 pm

### St. Boniface/ St. Vital (Youville Centre) - 6-845 Dakota Street, Phone 255-4840

- Tuesday (except Holidays) 1:00 – 3:00pm individual consultation
- Breastfeeding support group 1:00-3:00 pm

### Fort Garry/River Heights

1155 Wilkes, Shriner's (Khartum), next to the Golf Dome, Phone 940-2015

- Wednesdays (except Holidays) 1:00 – 3:00 pm individual consultation
- Breastfeeding support group 1:00-3:00 pm

### Gi-Mama Ki-Mii-Ni-Co- Mother's Gift

181 Higgins, Rm. 102, Aboriginal Health and Wellness Center, Phone 925-3746

- Thursdays 1:30 -3:30 pm individual consultations
- Breastfeeding support group 1:30 –3:30

### Inkster/Seven Oaks - 3-1050 Leila, Ph. 938-5607

- Thursdays (except Holidays) from 1:30-2:30 pm individual consultation
- Breastfeeding support group 1:30-3:30

### Women's Hospital Breastfeeding Clinic - 735 Notre Dame, Phone 787-1166

- Thursday from 1:00 – 3:00pm individual consultation

### St. James/Assiniboine South (Charleswood, Tuxedo)

2015 Portage Avenue, Unit 8 (Downstairs), Phone 940-2040

- Friday (except Holidays) 10:00-11:30am individual consultation
- Breastfeeding support group 10:00-11:30am

### "Breastfeeding Buddies"

870 Portage Avenue (Klinik Community Health Centre) Call Sherry or Andrea @ 940-6669 or Barbara @ 784-4024- Support Group Wednesdays 10:00 – 11:30am

### Saturday/ Sunday Breastfeeding Services – 763 Portage

Mon-Fri call 940-2362 to book an individual consultation appointment

Sat-Sun call the hotline 788-8667 to be referred to Public Health

- Saturday and Sunday 10-12:00 individual consultation

# Breastfeeding Telephone Support

## Who Can I Call For Help?

Public Health Nurse (PHN)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

### Breastfeeding Hotline

Phone 788-8667

- 24 hours per day, 7 days per week

### Mother Risk

Phone 1-416-813-6780

- Information on safety of medications and products during pregnancy and breastfeeding.

Winnipeg La Leche League -Phone Support and Groups – Manitoba Ph. 257-3509, [www.LLLC.ca](http://www.LLLC.ca)  
<http://groups.lllc.ca>

- Mothers are able to draw on the experience of accredited leaders and other mothers.
- A lending library is also available.
- Nursing & pregnant women are invited to attend breastfeeding support groups in the following areas:

#### Winnipeg West

Meetings – 2<sup>nd</sup> Wednesday

Time: 7:30 p.m.

Place: St Aiden's Church

Group Leaders:

Louise 479-4564

Linda 831-9090

#### Winnipeg Red River

Meetings – 4<sup>th</sup> Monday

Time: mostly 7:00 pm

Place: Call for place

Group Leaders:

Liz 253-5219

Ethel 632-4757

#### Winnipeg South

Meetings – 3<sup>rd</sup> Tuesday

Time: Alternates between 1:00pm and 7:00 pm

Place: Call for meeting place

Group Leaders:

Daniele 254-8046

Cheryl 255-8872

Debbie 233-9573

French Speaking Leader: Louise 237-4415