

## WRHA Breastfeeding/Chest Feeding Groups and Individual Support

To book an individual breastfeeding/chest feeding appointment call your community area public health office. All groups are supported by Public Health Nurses

Day	Monday	Tuesday		Wednesday	Thursday	Friday
Community Area	Inkster / Seven Oaks  1050 Leila St. Education Room (Rm 121)	River East / Transcona Access River East 975 Henderson Hwy	St Vital / St. Boniface Ode'min (Birth Center) 603 St Mary's Road	Fort Garry / River Heights Access Fort Garry 135 Plaza Drive	St James / Assiniboine South	Downtown / Point Douglas  Klinic Community Health 167 Sherbrook St.
Support Group	1:30-3:30	1:30-3:30	Milk Café 1:00-3:00	1:00-3:00	Sturgeon Heights Community Center  210 Rita St  10:00-11:30	1:30-3:00
Individual Appointments: Call to book	1:30 & 2:30  phone 204-938-5908	1:30 & 2:30  phone 204-938-5300	1:00 & 2:00  phone 204-940-1692	12:15 & 2:00  phone 204-940-2313	9:00 & 10:00 only at Access Winnipeg West 280 Booth Dr First Floor Rm.117 phone 204- 940-2397	1:00 & 1:45  phone 204-940-8691

**\*\*Weekend (Saturday/Sunday) individual support is by appointment only\*\*** To make an  
appointment call 204-940-2362 Monday to Friday.

The individual appointment will be held at 1130 a.m. at 490 Hargrave St.

## Breast/Chestfeeding Telephone Supports

Public Health Nurse

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

Breastfeeding Hotline 204-788-8667 toll free 1-800-315-9257 (outside of Winnipeg) (Press #2)

24hrs/day, 7 days a week

Winnipeg La Leche League 204-272-0238 [www.LLLC.ca](http://www.LLLC.ca)

- parents are able to draw on the experiences of other parents and accredited leader.
- A lending library is also available

Nursing and pregnant women/people are invited to attend La Leche League breast/chestfeeding support groups in Winnipeg

Winnipeg West (VIRTUAL)
2 <sup>nd</sup> Wednesday of each month 7:30-9:00 pm  Contact Tanya: <a href="mailto:Tanya.f@lllc.ca">Tanya.f@lllc.ca</a> for more info

World Health Organization/UNICEF and Health Canada recommends exclusive breastfeeding for 6 months and continued breastfeeding to two years and beyond with appropriate introduction of solids at 6 months.