

## Hospital Support

### **Niagara Health System**

Toll-free number for all sites  
905-378-4647

#### **Niagara Falls Site**

905-358-0171, Ext. 53705

*Certified Lactation Consultant on staff*

Videos, breast pump rental and  
breastfeeding supplies (Medela products)

Clinic: by appointment only

#### **St. Catharines Site**

905-684-7271, Ext. 43223.

*Certified Lactation Consultants on staff*

classes, breast pump rentals and breastfeeding supplies  
(Egnell-Ameda products)

Clinic: by appointment only

#### **Welland Site**

905-732-6111, Ext. 33351.

Breast pump rentals and breastfeeding supplies  
(Egnell-Ameda)

### **West Lincoln Memorial Hospital**

Grimsby, 905-945-2250, Ext. 350

#### **Mother Risk Warmline**

(Information on drugs, pregnancy and breastfeeding)

416-813-6780

[www.motherisk.org](http://www.motherisk.org)

## Niagara Region Public Health

*Certified Lactation Consultants on staff*

### **Parent Talk Information Line**

Talk to a Public Health Nurse about breastfeeding,  
pregnancy, and parenting concerns related to infants and  
young children. Referrals are available for home visits.

905-688-8248 or 1-888-505-6074  
Ext. 7555

### **Breastfeeding Classes**

Offered from prenatal up to 6 weeks postpartum.  
Call Parent Talk Line for dates and locations

## Ontario Early Years Centres

### **Breastfeeding Clinics by appointment only**

Mary Ward School  
2999 Dorchester Rd  
Niagara Falls, ON L2J 2Z9  
905-357-2398

Central United Church  
12 Young St  
Welland, ON L3B 4C5  
905-734-3563

Walker YMCA  
25 YMCA Drive  
St. Catharines, ON L2N 7P9  
Call Parent Talk Information Line  
905-688-8248 or 1-888-505-6074  
Ext. 7555

OEYC  
92 Charlotte St.  
Port Colborne, ON L3K 3E1  
905-834-9071

## Private Breastfeeding Services

### **Birth Passion**

#### **Childbirth and Breastfeeding Services**

Fiona Creina, Certified Postpartum Doula  
Private in-home breastfeeding assistance  
(evenings and weekends)  
905-227-9776

[birthpassion@cogeco.ca](mailto:birthpassion@cogeco.ca)

<http://home.cogeco.ca/~birthpassion>

#### **Charlene Quevillon**

B.A., M.A.T., Adv. C.R., C.A., CD(DONA), CCCE, CLE, CNMI.

Baby's First Massage Instructor

Childbirth & Lactation Educator

Breastfeeding Classes

Private In-home Breastfeeding Support

Labour and birth support

Bravado Maternity & Nursing Bras/Tanks

905-468-0884

## Breast Pump Distributors

Egnell-Ameda, (Hollister)	1-800-263-7400
Medela	1-800-835-5968
Avent	1-800-54-AVENT

## Pump Sales & Rentals

See "Hospital Support," and "Pharmacies "

### **Get Pumped!**

Rentals & Sales of Hollister & Medela pumps,  
Bravado and Medela Bras  
905-329-1391 by appt.

### **Boggio Pharmacy Ltd.**

222 Catharine St, Port Colborne  
Medela pumps for sale (no rental)  
905-834-3514

## Pharmacies - Pump Rentals & Sales

### Grimsby

Hodgins IDA Pharmacy (Medela)  
1 Main St. W **905-945-2206**

Orchardview Pharmacy (Medela)  
155 Main St. E **905-945-6088**

### Niagara Falls

Falls Pharmacy (Egnell-Ameda)  
6635 Drummond Rd **905-354-3883**

### St. Catharines

Shoppers Home Health Care (Medela)  
125 Carlton St (Lake-Carlton Plaza) **905-641-5200**

### Welland

Shoppers Drug Mart (Egnell-Ameda)  
800 Niagara St. (Seaway Mall) **905-735-7525**

## La Leche League

Mother-to-mother breastfeeding information and support from accredited La Leche League Leaders via telephone, email and at informative meetings. Meetings are free and open to all women interested in breastfeeding and their children. A local lending library is available. Visit: [www.lalecheleague.org](http://www.lalecheleague.org), website with multiple language resources and excellent breastfeeding answer pages 1-800-665-4324.

Fiona (St. Catharines) 905-227-9776  
[fcaina@hotmail.com](mailto:fcaina@hotmail.com)  
Natalie (Beamsville) 905-562-9155  
[natnpat@sympatico.ca](mailto:natnpat@sympatico.ca)  
Carolyn (Beamsville) 905-563-4785  
Melissa (Welland/Port Colborne) 905-734-6005  
Michelle (Niagara Falls) 905-383-4985  
[mquin1@gmail.com](mailto:mquin1@gmail.com)

## Other Interesting Websites

[www.drjacknewman.com](http://www.drjacknewman.com)  
[www.breastfeeding.com](http://www.breastfeeding.com)  
[www.breastfeedingonline.com](http://www.breastfeedingonline.com)

For further information about the

Niagara Region  
Breastfeeding Coalition

Please call:

1-877-219-8649 or  
905-735-5697, Ext. 24

Or visit:

[www.breastfeedingniagara.ca](http://www.breastfeedingniagara.ca)

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# Need Help With



## Breastfeeding?

- Clinics
- Lactation Consultants
- Pump Rentals & Supplies
- Telephone Support
- Websites