

Alberta

Where to Find Help

Alberta Health Services (AHS)

Alberta Health Services provides breastfeeding and infant feeding support through Public Health, postpartum programs, lactation consultants, and community breastfeeding clinics across the province. Families can access local services through AHS and the Find a Service directory.

Website: <https://www.albertahealthservices.ca>

Public Health & Community Breastfeeding Support

Public Health nurses and community health centres throughout Alberta provide breastfeeding assessment, infant feeding support, postpartum follow-up, and referrals to lactation consultants. Services vary by community and are available through Alberta Health Services.

Website: <https://www.albertahealthservices.ca>

Breastfeeding Clinics & Lactation Services

Alberta Health Services offers physician- and nurse-led breastfeeding clinics in many communities. These clinics provide support for concerns such as latch difficulties, milk supply, nipple pain, infant weight gain, tongue-tie assessment, pumping, and other breastfeeding challenges. Families can search for the clinic closest to them through the AHS Find a Service directory.

Website: <https://www.albertahealthservices.ca/findhealth>

Health Link 811

Health Link 811 is available 24 hours a day, 7 days a week. Registered nurses can answer breastfeeding and infant feeding questions, provide health advice, and connect families with local breastfeeding services. Families can also speak with a registered dietitian for pregnancy, breastfeeding, and infant feeding questions.

Website: <https://www.albertahealthservices.ca/811>

Call: 811 (within Alberta)
