

British Columbia

Where to Find Help

HealthLink BC – Breastfeeding and Infant Feeding

HealthLink BC provides evidence-informed information on breastfeeding, infant feeding, expressing milk, supplementation, and common feeding challenges. Families can also search for breastfeeding services and resources in their community.

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

Public Health Nursing

Public Health nurses throughout British Columbia provide breastfeeding assessment, infant feeding support, home visits, breastfeeding groups, and referrals to International Board Certified Lactation Consultants (IBCLCs). Services are available through local health authorities, including Fraser Health, Interior Health, Island Health, Northern Health, and Vancouver Coastal Health.

Website: <https://www.healthlinkbc.ca/find-care>

BC Women's Hospital + Health Centre – Breastfeeding Clinic

BC Women's Hospital offers one of Canada's leading breastfeeding clinics, providing assessment and support for breastfeeding and infant feeding concerns. Families can access lactation consultants and specialized breastfeeding services by appointment. General breastfeeding questions can also be directed to the clinic's lactation consultants.

Website: <https://www.bcwomens.ca/our-services/labour-birth-post-birth-care/breastfeeding-clinic>

HealthLink BC 811

HealthLink BC provides free, confidential health information 24 hours a day. Registered nurses are available anytime, and registered dietitians are available for nutrition and infant feeding questions. Translation services are available in more than 130 languages.

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

Call: 811 (within British Columbia)

Baby's Best Chance

Baby's Best Chance is British Columbia's provincial pregnancy and parenting guide. It includes comprehensive, evidence-informed information on breastfeeding, infant feeding, newborn care, expressing milk, and accessing local breastfeeding support.

Website: <https://www.healthlinkbc.ca/babys-best-chance>