

Manitoba

Where to Find Help

Manitoba Health – Baby Friendly Manitoba

Baby Friendly Manitoba supports the protection, promotion, and support of breastfeeding across the province. The website provides evidence-informed information on breastfeeding, getting help, and links to provincial resources for families.

Website: <https://www.gov.mb.ca/health/bfm/>

Public Health Nursing

Public Health Nurses throughout Manitoba provide breastfeeding support before and after birth, including breastfeeding assessment, infant feeding guidance, home visits, parenting support, and referrals to additional services when needed. Families can contact their local Public Health office for support.

Breastfeeding HotLine

A free, bilingual, province-wide breastfeeding hotline is available 24 hours a day. Registered nurses provide breastfeeding assessment, guidance, and referrals to local breastfeeding services. Interpreter services are available in more than 200 languages.

Website: <https://misericordia.mb.ca/programs/phcc/breastfeeding-hotline/>

Phone: 204-788-8667

Toll-free: 1-888-315-9257

Winnipeg Breastfeeding Centre

The Winnipeg Breastfeeding Centre is a Manitoba Health-funded physician and lactation consultant clinic providing evidence-based assessment and treatment for breastfeeding and infant feeding concerns. Services include prenatal consultations, feeding challenges, milk production concerns, pumping support, tongue-tie assessment, and other specialized lactation services.

Website: <https://wpgbreastfeedingcentre.com>
