

Ontario

Where to Find Help

Ontario Health – Breastfeeding Support

Ontario provides evidence-informed breastfeeding information and connects families with local breastfeeding support through Health811 and local public health units. Families can access guidance during pregnancy and after birth.

Website: <https://www.ontario.ca/page/breastfeeding>

Local Public Health Units

Every public health unit in Ontario offers infant feeding support. Services may include breastfeeding clinics, one-on-one consultations, virtual appointments, home visits, support groups, and referrals to International Board Certified Lactation Consultants (IBCLCs). Families should contact their local public health unit for services available in their community.

Website: <https://www.ontario.ca/page/public-health-unit-locations>

Health811

Health811 provides **free breastfeeding support 24 hours a day, 7 days a week**. Registered nurses can answer infant feeding questions, provide breastfeeding advice, and connect families with local lactation consultants and breastfeeding services.

Website: <https://health811.ontario.ca>

Call: 811 (within Ontario)

Breastfeeding Clinics & Lactation Services

Many Ontario hospitals and local public health units offer breastfeeding clinics and access to International Board Certified Lactation Consultants (IBCLCs). Families can ask their healthcare provider, midwife, hospital, or local public health unit about services available in their community.