

Quebec

Where to Find Help

Santé Québec – Infant and Newborn Nutrition

Santé Québec provides evidence-informed information on infant feeding, including breastfeeding, supplementation, and introducing complementary foods. Families can also find links to provincial breastfeeding support services and guidance on where to get help.

Website: <https://www.quebec.ca/en/health/nutrition/healthy-eating-habits/infant-and-newborn-nutrition>

CLSC (Local Community Health Centres)

CLSCs provide breastfeeding support throughout Quebec. Services may include breastfeeding assessment, infant feeding guidance, lactation support, breastfeeding clinics, and referrals to International Board Certified Lactation Consultants (IBCLCs). Families should contact their local CLSC for available services.

Website: <https://www.quebec.ca/en/health>

Nourri-Source

Nourri-Source is a community-based peer breastfeeding support organization operating in several regions of Quebec. Trained volunteer mothers provide free telephone support, breastfeeding drop-ins, and parent-to-parent encouragement.

Website: <https://nourri-source.org>

Info-Santé 811

Registered nurses are available 24 hours a day to answer health questions, provide infant feeding advice, and direct families to local breastfeeding resources such as CLSCs and lactation consultants.

Call: 811 (within Quebec)

International Board Certified Lactation Consultants (IBCLCs)

Families requiring specialized breastfeeding support can ask their healthcare provider or CLSC for a referral to an IBCLC or search the provincial directory maintained by the Association québécoise des consultantes en lactation certifiées.

Website: <https://www.ibclc.qc.ca>