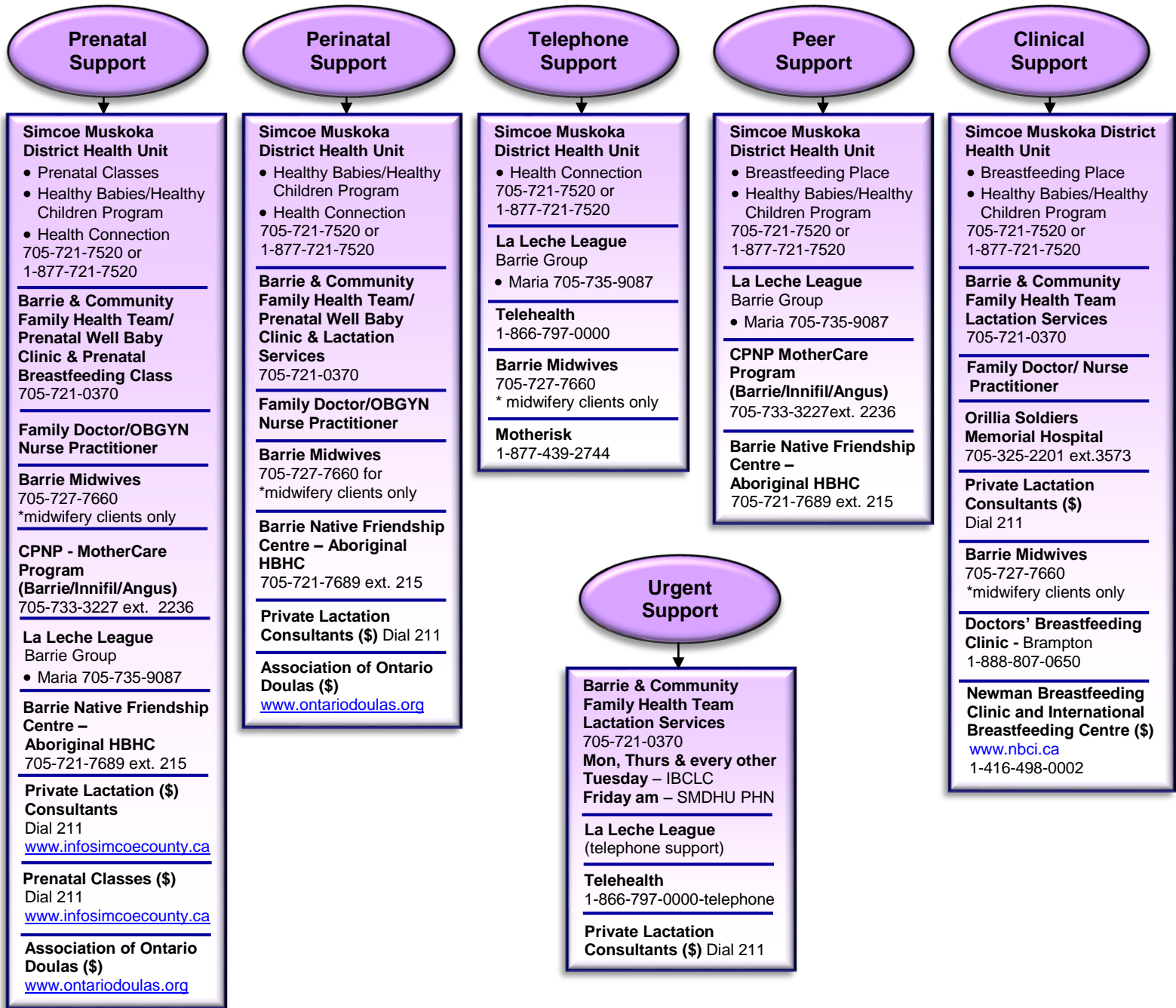


# Barrie & Area - Breastfeeding Supports and Referral Information

(Angus, Anten Mills, Elmvalle, Innisfil, Lisle, Midhurst, Minesing, Utopia)

Although breastfeeding is the natural way to feed a baby, it is a skill that both mothers and babies may require some help with. Listed are several community supports available in Barrie.



## Internet Support

- Simcoe Muskoka District Health Unit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)
- Barrie and Community Family Health Team [www.barriefht.ca](http://www.barriefht.ca)
- Newman Breastfeeding Clinic and International Breastfeeding Centre [www.nbci.ca](http://www.nbci.ca)
- La Leche League Canada [www.lllc.ca](http://www.lllc.ca), [www.llli.org](http://www.llli.org)
- Canadian Pediatric Society [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)
- World Health Organization [www.who.int/topics/breastfeeding/en](http://www.who.int/topics/breastfeeding/en)
- Breastfeeding Resources Ontario: [www.breastfeedingresourcesontario.ca](http://www.breastfeedingresourcesontario.ca)
- Breastfeeding Education: [www.breastfeedinginfoforparents.ca](http://www.breastfeedinginfoforparents.ca)

Breast Pump Rental/Purchase	
ProCare Pharmacy (125 Bell Farm Rd)	705-722-7474
PureHealth Pharmacy (RVH Outpatient Pharmacy)	705-797-3070
Shoppers Home Health Care (524 Bayfield St.)	705-722-6336

**(\$) indicates fee based service**

## Barrie and Area Breastfeeding Supports & Referral Information

AGENCY/SERVICE	DESCRIPTION OF SERVICE
<b>Association of Ontario Doulas (\$)</b> <a href="http://www.ontariodoulas.org">www.ontariodoulas.org</a>	A doula provides non-clinical physical and emotional support and care to a woman and her support persons before, during and after childbirth including breastfeeding and newborn care. To find a doula, visit Association of Ontario Doula.
<b>Barrie &amp; Community Family Health Team (BCFHT) - Lactation Services</b> <a href="http://www.barriefht.ca">www.barriefht.ca</a>	One to one support with a lactation consultant on Mondays, Thursdays and every other Tuesday 9 am to 4 pm. One to one support with a Public Health Nurse on Fridays 9 am - noon. Patients can self-refer and do not need to be a member of the BCFHT to access this service. The clinic is located at 370 Bayview Drive, 3 <sup>rd</sup> Floor, Barrie, ON
<b>BCFHT – Prenatal Classes</b> <b>BCFHT – Prenatal and Well Baby Clinic</b>	A free, monthly prenatal breastfeeding class is available.  Medical care for prenatal women and infants without family physicians in Barrie.
<b>Barrie Midwives</b> <a href="http://www.barriemidwives.com">www.barriemidwives.com</a>	A midwife is a registered health care professional who provides primary care to women during pregnancy, labour and birth, and provides care to mothers and babies during the first six weeks postpartum, including breastfeeding support. <b>Prenatal registration is required.</b>
<b>Barrie Native Friendship Centre - Aboriginal Healthy Babies Healthy Children Program</b>	Home visiting for Aboriginal pregnant women and families with children up to transition to school. The program attempts to ensure that all Aboriginal families and their children who need assistance with physical, mental, emotional, and social issues have access to early intervention services. The role of the home visitor is to share information regarding prenatal development, child development, provide service coordination, advocate for the family, make referrals if needed, as well as provide cultural teachings as desired by the family. 175 Bayfield Street.
<b>Breastfeeding Place</b>	A weekly drop in group for mom to mom support as well as an opportunity to ask questions and receive support from a Public Health Nurse about breastfeeding, infant and child health, developmental stages and parenting. Wednesdays from 1:00 – 2:30 pm at Barrie OEYC, 129 Ferris Lane, Barrie
<b>Canadian Prenatal Nutrition Program (CPNP) – MotherCare Program</b>	MotherCare is a weekly drop-in program that provides information and support to pregnant individuals who are low-income, teen/young parents or are new to Canada. This program is offered at the following locations: Barrie – Andrew Hunter Elementary School (59 Lampman Lane): Thursdays, 1:00pm – 3:00pm Innisfil – Sunnybrae Public School (218 Sunnybrae Avenue): Wednesdays, 10:00am – 12:00pm Angus – Our Lady of Grace Catholic Elementary School (24 Roth Street): Thursdays, 9:30am – 11:30am
<b>Family Doctor/Nurse Practitioner</b>	Medical services/supports provided by a family doctor or nurse practitioner.
<b>La Leche League</b> <a href="http://www.llc.ca">www.llc.ca</a> ; <a href="http://www.llli.org">www.llli.org</a>	Breastfeeding information, support and encouragement either by phone consultations or monthly group meetings. The Barrie Group meets on the 1st Thursday of each month at 10am at 79 Park Place Blvd at Goodness Me! (400 and Mapleview Dr.- Park Place)
<b>Motherisk</b> <a href="http://www.motherisk.org">www.motherisk.org</a>	Expert information on medications, herbal products, vitamins, infections, medical conditions, chemical, occupation and environmental exposures during pregnancy & breastfeeding.
<b>Newman Breastfeeding Clinic and International Breastfeeding Centre (\$)</b> <a href="http://www.nbci.ca">www.nbci.ca</a>	Online breastfeeding information, answers breastfeeding questions by email and provides individual appointments at the clinic for a fee. The clinic is located in Toronto. <b>Physician or Midwife referral required.</b>
<b>Orillia Soldiers' Memorial Hospital Breastfeeding Clinic</b>	Provides one to one support from a Lactation Consultant by appointment only.
<b>Private Childbirth Educators (\$)</b>	Fee based childbirth education. Call 211 (or click) for a list of providers.
<b>Private Lactation Consultants (\$)</b>	Fee based breastfeeding lactation support. Call 211 (or click) for a list of providers.
<b>Simcoe 211</b> <a href="http://www.infosimcoecounty.ca">www.infosimcoecounty.ca</a>	Find local community programs and supports, i.e. prenatal education, doulas, lactation consultants, dietitians, First Nations, Metis, Inuit or Francophone services. The service is free, and offered 24/7.
<b>Simcoe Muskoka District Health Unit (SMDHU) –Prenatal Classes</b>	Prenatal series of classes offered to expectant parents in the last trimester of pregnancy. No charge.
<b>SMDHU – Healthy Babies Healthy Children Program</b>	Home visiting for pregnant women and families with children up to transition to school. Breastfeeding support available. Family home visitor program available.
<b>SMDHU – Your Health Connection</b> <a href="http://www.simcoemuskokahealth.org">www.simcoemuskokahealth.org</a>	Breastfeeding information and support provided by a public health nurse over the telephone. A link to local health information, support and community services during and after pregnancy. Monday to Friday 8:30 am – 4:30 pm.
<b>Telehealth</b>	New and expectant moms can access advice and support for breastfeeding 24 hours a day, 7 days a week, by telephone from a registered nurse. This service is available in English, French, TTY and with 24/7 access to telephone interpreters in more than 100 languages.
<b>Umbrellas</b>	A specialized addiction program of Canadian Mental Health Association, Simcoe County Branch, providing individual and group support to women who have substance use issues who are pregnant or parenting infants. Support extends to a partner or family member affected by substance use. 705-325-4499.

Updated and Revised by the Simcoe Muskoka District Health Unit in collaboration with local breastfeeding Stakeholders and Partners, April, 2016.

The contact information and services available can change over time. The electronic version is updated as new information is made available and can be accessed at  
<http://www.simcoemuskokahealth.org/JFY/PCPortal/PCPCategories/MaternalAndChildHealth/Breastfeeding.aspx>