

Breastfeeding Drop-in and Support

Call for information or to make an individual appointment

Weekend support by appointment only

All groups are supported by Public Health Nurses

Monday	Tuesday	Wednesday	Thursday	Friday
<p>River East/ Transcona Access River East 975 Henderson Hwy</p> <p>Breastfeeding Support Group 1:30-3:30</p> <p>Individual appointments available at 1:30 & 2:30 phone 204-938-5000</p>	<p>St Vital/ St Boniface Youville Centre 6-845 Dakota St</p> <p>Breastfeeding Support Group 1:00-3:00</p> <p>Individual appointments available at 1:00 & 2:00 phone 204-255-4840</p>	<p>Downtown/ Point Douglas 755 Portage Ave</p> <p>Breastfeeding Support Group 10:00-11:30</p> <p>Individual appointments available at 9:00 & 9:45 phone 204-940-8711</p>	<p>St James/ Assiniboine South Sturgeon Heights Community Center 210 Rita St</p> <p>Breastfeeding Support Group 10:00-11:30</p> <p>Individual appointments available at 9:30 & 10:30 phone 204-940-2397</p>	<p>Seven Oaks/Inkster 1050 Leila Ave</p> <p>Breastfeeding Support Group 10:00-12:00</p> <p>Individual appointments available at 9:30 & 10:30 phone 204-938-5607</p>
		<p>Fort Garry/ River Heights Access Fort Garry 135 Plaza Drive</p> <p>Breastfeeding Support Group 1:00-3:00</p> <p>Individual appointments available at 12:15 & 2:00 phone 204-940-2313</p>		

Saturday/Sunday

Breastfeeding Service at 490 Hargrave Ave

Individual Consultation appointment available at 11:30am

To make an appointment call **204-940-2362** Monday to Friday

Breastfeeding Hotline 204-788-8667 for 24hr phone support



Breastfeeding Telephone Supports

Public Health Nurse

Name: _____ Phone: _____

Breastfeeding Hotline 204-788-8667
24hrs/day, 7 days a week

Winnipeg La Leche League 204-257-3509
www.LLLC.ca

- Mothers are able to draw on the experiences of other mothers and accredited leader.
- A lending library is also available

Nursing and pregnant women are invited to attend
La Leche League breastfeeding support groups in Winnipeg

Winnipeg West	Winnipeg South
St Aidans Church 274 Campbell St 2nd Wednesday of each month 7:30-9:00 pm	St Mary's Road United Church 613 St Mary's Rd 3rd Thursday of each month 7:00-8:30 pm

World Health Organization/UNICEF and Health Canada recommends exclusive breastfeeding for 6 months and continued breastfeeding to two years and beyond with appropriate introduction of solids at 6 months.

