

WRHA Breastfeeding Groups and Individual Support

To book an individual breastfeeding appointment call your community area public health office

All groups are supported by Public Health Nurses

Day	Monday	Tuesday		Wednesday	Thursday	Friday
Community Area	Inkster / Seven Oaks Access NorWest 785 Keewatin St	River East/ Transcona Access River East 975 Henderson Hwy	St Vital / St. Boniface Ode'imin (Birth Center) 603 St Mary's Road	Fort Garry / River Heights Access Fort Garry 135 Plaza Drive	St James/ Assiniboine South	Downtown / Point Douglas 755 Portage Ave
Support Group	Breastfeeding Support Group 1:30-3:30	Breastfeeding Support Group 1:30-3:30	Breastfeeding Support Group 1:00-3:00	Breastfeeding Support Group 1:00-3:00 <i>phone registration required</i> 204-940-2313	Breastfeeding Support Group Beginning on Nov 3, 2022 Sturgeon Heights Community Center 210 Rita St 10:00-11:30	Breastfeeding Support Group 10:30-12:00
Individual Appointments- Call to book	Individual appointments available at 1:30 & 2:30 phone 204-938-5908	Individual appointments available at 1:30 & 2:30 phone 204-938-5300	Individual appointments available at 1:00 & 2:00 phone 204-938-5300	Individual appointments available at 12:15 & 2:00 phone 204-940-2313	Individual appointments available at 9:30 & 10:30 only at Access Winnipeg West 280 Booth Dr First Floor Rm.117 phone 204-940-2397	Individual appointments available at 9:30 & 10:15 phone 204-940-8691

****Weekend (Saturday/Sunday) individual support is by appointment only****To make an appointment call 204-940-2362 Monday to Friday. The individual appointment will held at 1130am at 490 Hargrave St.

**Please note mask use is still in effect at all breastfeeding support groups and individual appointments and you are still required to self-screen for Covid-19 before attending.

Breastfeeding Telephone Supports

Public Health Nurse

Name: _____ Phone: _____

Breastfeeding Hotline 204-788-8667 toll free 1-800-315-9257 (outside of Winnipeg)

(Press #2) 24hrs/day, 7 days a week

Winnipeg La Leche League 204-272-0238 www.LLCC.ca

- ✓ parents are able to draw on the experiences of other parents 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 (VIRTUAL)
2nd Wednesday of each month 7:30-9:00 pm
Contact Tanya: Tanya.f@llc.ca for more info

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.