

Supports for Breastfeeding Women in York Region

Are you looking for breastfeeding information and support?

There are many community resources that can assist you in establishing and maintaining a successful breastfeeding relationship with your child:

York Region Public Health Breastfeeding Clinics

York Region Public Health breastfeeding clinics offer one to one individual breastfeeding support and consultation.

Services are provided by Public Health nurses, some of which are also international board certified lactation consultants.

Breastfeeding clinics are available by appointment only at no cost.

Markham Office

4261 Hwy #7 East, Unionville

Tannery Mall

465 Davis Drive, Ground Floor, Newmarket

South Service Centre

50 High Tech Road, 2nd Floor, Richmond Hill

Georgina Office

24262 Woodbine Avenue, Keswick

Vaughan Office

9060 Jane Street, 1st Floor, Vaughan

Help with breastfeeding
No cost • By appointment

Telephone Support

Telephone counselling and support from a Public Health nurse.

Referrals will be made to a York Region Public Health Breastfeeding Clinic.

For more information or to book an appointment call

York Region Public Health – Health Connection

Phone: 1-800-361-5653

Hours of Operation: Monday to Friday;
8:30 a.m. to 4:30 p.m.

Website: www.york.ca/breastfeeding

We are committed to making our programs accessible to persons with disabilities; please identify your needs to us.



Other Supports

Mackenzie Health Breastfeeding Clinic

10 Trench Street
Richmond Hill
5th Floor, East Wing
By appointment
905-883-2004

La Leche League Canada

Free information, encouragement and mother-to-mother support for mothers who want to breastfeed their babies

Services include telephone support, email support and monthly meetings

Phone: 416-483-3368 or the breastfeeding referral service 1-800-665-4324

Website: www.LLCC.ca

Telehealth Ontario

Free, confidential telephone service you can call to get health advice or general health information from a registered nurse

Phone: 1-866-797-0000

Motherisk – The Hospital for Sick Children

Information about medications, breastfeeding, substance use and nutrition

Phone: 416-813-6780

Website: www.motherisk.org

Private Lactation Consultants

For information about private lactation consultants in your area, contact:

Canadian Lactation Consultant Association*

Website: www.clca-accl.ca

Go to “membership” then “LCs in Canada”

For more information about breastfeeding services offered by other public health units, contact

Toronto: 416-338-7600

Simcoe Muskoka: 705-721-7520, 1-877-721-7520

Peel: 905-799-7700

Durham: 905-668-7711

*York Region Community and Health Services Department does not endorse or take any responsibility for any independent practitioner/consultant or their services. Fees may be arranged privately between the client and the practitioner/ lactation consultant.



1-800-361-5653
TTY: **1-866-252-9933**

York Region Health Connection

Community and Health Services

Public Health

www.york.ca

