

Helpful Websites

BC Ministry of Health Pregnancy and Parenting section of the Healthy Families BC website

www.healthyfamiliesbc.ca/parenting

and their online interactive tool to help support new families with breastfeeding

healthyfamiliesbc.ca/home/articles/breastfeeding-buddy

Vancouver Coastal Health (VCH)
Parenting and Breastfeeding Information

www.parenting.vch.ca

10 Great Reasons to Breastfeed your Baby

www.publichealth.gc.ca/breastfeeding

International Breastfeeding Centre
Newman Breastfeeding Clinic and Center for Breastfeeding
Education www.nbci.ca

B.C. Baby-Friendly Network www.bcbabyfriendly.ca

Australian Breastfeeding Association
www.breastfeeding.asn.au

La Leche League International www.llli.org

Thomas Hale www.infantrisk.com

HealthLinkBC www.healthlinkbc.ca

Kelly Mom kellymom.com

Stanford University Breastfeeding Information
[med.stanford.edu/newborns/professional-education/
breastfeeding.html](http://med.stanford.edu/newborns/professional-education/breastfeeding.html)

For more copies, go online at <http://vch.eduhealth.ca> or
email pthem@vch.ca and quote Catalogue No. **GK.560.B7437**

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person to whom it was given by the health care team.
www.vch.ca

Breastfeeding Support on the North Shore



Lions Gate Hospital

231 East 15th Street
North Vancouver BC V7L 2L7
Tel: 604-988-3131

Parent and Infant Drop-Ins and Breastfeeding Support from your Public Health Nurse

Breastfeeding support and baby weighing is available. There is also a speaker and a discussion on a variety of topics.

If you have any concerns or questions about your baby you may seek advice from the nurse.

***Wednesday: 1:00 pm–3:00 pm**

Parkgate Community/Health Centre
3625 Banff Court – 2nd floor
North Vancouver, BC

***Tuesdays: 1:00 pm–3:00 pm**

Hillside Baptist Church
870 Lynn Valley Road
North Vancouver, BC

***Thursdays: 1:00 pm–3:00 pm**

John Braithwaite Community/Health Centre
145 West 1st Street – 2nd floor
North Vancouver, BC

*These times and locations are subject to change and are not reflective of service available during summer and holidays.

Please visit parenting.vch.ca for current clinic locations, times and current topics.

On-Call Early Years Nurse (0–5 years)

can be reached through the Public Health Department at 604-983-6754 Monday–Friday 8:30 am–4:30 pm.

Lactation Consultant (Public Health)

After seeking support from drop ins, public health nurses, your doctor or midwife, you may book an appointment with a Lactation Consultant. To book, please call 604-983-6754.

I Hope Family Centre - Family Services North Shore

Breastfeeding Postpartum Support Drop In facilitated by Internationally Certified Lactation Consultant and supported by a Clinical Counselor & Family Resource Centre Facilitator.

Group breastfeeding support & follow-up around breastfeeding, supplemental feeding and weaning as well as resources and information on parenting.

City of North Vancouver Library
120 West 14th Street, 3rd floor
North Vancouver

Thursdays: 10:00 am–12:00 pm

For information call Marianne (Lactation Consultant)
604-988-5281 Ext 350
<http://ow.ly/M549m>

Peer Support: valuable support comes from talking with other breastfeeding women. All drop-ins provide this opportunity.

La Leche League

Mother-to-mother information, support and encouragement ...on the phone or at North Shore meetings.

Call 604-520-4623 to find a leader/group near you or visit website at www.lllc.ca