



Labrador - Grenfell Health

Breastfeeding Support Groups & Services

Name of Public Health Nurse	Communities supported
Joanne Bridle PHN Community Clinic Port Hope Simpson, NL A0K 4E0 Phone: 960-0271	Port Hope Simpson Charlottetown Norman Bay Pinsent's Arm William's Harbour
Vacant (position vacant - visiting nurse only) Labrador-Grenfell Health Community Clinic Mary's Harbour NL A0K 3P0 Phone: 921-6228	Mary's Harbour St Lewis Lodge Bay
Ashley Rideout PHN Labrador-Grenfell Health Labrador South Health Centre Forteau, NL A0K 2P0 Phone: 931-2450	L'Anse au Clare Forteau English Point L'Anse Amour L'Anse au Loup West St Modest Capstan Island Pinware Red Bay
Delores Fillier / Melanie Humby Labrador-Grenfell Health White Bay Central Health Centre PO Box 70 Roddickton, NL A0K 4P0 Phone: 457-2215	Main Brook St Julians Croque Bide Arm Englee Roddickton Conche
Trudy Coles / Gladys White Labrador-Grenfell Health Strait of Belle Isle Health Centre PO Box 59 Flower's Cove, NL A0K 2N0 Phone: 456 2401	Eddies Cove East Green Island Cove Lower Cove Green Island Brook Pines Cove Shoal Cove East



Labrador - Grenfell Health

Breastfeeding Support Groups & Services

	Sandy Cove Savage Cove Nameless Cove Flower's Cove Bear Cove Deadman's Cove Anchor Point Blue Cove St Barbe Pigeon Cove Black Duck Cove Plum Point Pond Cove & Bird Cove Brig Bay
Wendy Dale Woodford & Beverly Simms PHN Community Health Department, Mission Store Building St. Anthony, NL A0K 4S0 Phone :(709) 454-0367	

COMMUNITY HEALTH/PUBLIC HEALTH NURSES:

- Labrador City: Phone (709) 944-9321 or 9366
- Churchill Falls: Phone (709) 925-3377
- Happy Valley-Goose Bay: Phone (709) 897-2331
- North West River: Phone (709) 497-8824
- Cartwright/Black Tickle: Phone (709) 938-7285/ 471-8870
- Curtis Memorial Hospital, Obstetrical Unit, St Anthony (709) 454 3333 X157 (provide services 24/7)
- Community Health Department, Mission Store, St. Anthony: Phone (709)454-0367



Labrador - Grenfell Health

Breastfeeding Support Groups & Services

Breastfeeding Support Groups

BREASTFEEDING SUPPORT GROUPS:

A breastfeeding support group meets every second Thursday from 1:30 – 3:00 p.m. in Happy Valley-Goose Bay. A Public Health Nurse/Nutritionist (when available) attends sessions as a resource. For more information on this group, Contact Judy Voisey, Resource Mother at AFC 896-4399.

LACTATION CONSULTANTS:

Dee Dee Voisey

International Board Certified Lactation Consultant/ Registered Nurse

- [BREASTFEEDING CLINICS \(HAPPY VALLEY-GOOSE BAY\)](#) – Mondays, Wednesdays, and Fridays For appointments call 709) 897-2331. [Community Health & Wellness Office](#) in Goose Bay

Heather Gates

International Board Certified Lactation Consultant/Registered Nurse, Labrador City.

Family Resource Centres

Family Resource Centre Hub Site	Satellite Site	
Aboriginal Family Centre P.O. Box 1949, Station B Happy Valley-Goose Bay, NL A0P 1E0 709-896-4398 Email: afc@nf.aibn.com	NOT APPLICABLE	
First Steps Family Resource Centre P.O. Box 102 Labrador City, NL A2V 2K3 709-944-7477 Email: firststeps@crstv.net	Northern Stars Family Centre P.O. Box 29 Churchill Falls, NL A0R 1A0 709-925-3505 Email:	



Labrador - Grenfell Health

Breastfeeding Support Groups & Services

<p>Labrador Straits Family Resource Centre P.O. Box 57 West St. Modeste, NL A0K 5S0 709-927-5033</p>		
<p>Piguttuk Family Resource Program P.O. Box 179 Nain, NL A0P 1L0 709-922-2003 Email: piguttukfamilyresourcecentre@yahoo.ca</p>	NOT APPLICABLE	
<p>Northern Peninsula Family Resource Centre P.O. Box 774 St. Anthony, NL A0K 4S0 709-454-3122 / 454-2478</p> <p><i>Administration office only does not provide direct services to clients</i></p>	<p>Early Years FRC General Delivery Roddickton, NL A0K 4P0 709-457-2526</p> <p>FRC P.O. Box 224 Flowers Cove, NL A0K 2N0 709-456-2301</p> <p>New Horizons FRC P.O. Box 258 St. Lunaire – Griquet, NL A0K 2X0 709-623-2357</p> <p>Magical Years FRC St Anthony A0K 4S0 Phone: 709 454 2478</p>	
<p>Sheshatshiu Family Resource Centre P.O. Box 160 Sheshatshiu, NL A0P 1M0 709-497-8424</p>	NOT APPLICABLE	
<p>Southern Labrador Family Centres P.O. Box 190 Port Hope Simpson, NL A0K 4E0</p>	<p>Rainbow Family Centre P.O. Box 25 Port Hope Simpson, NL A0K4E0</p>	



Labrador - Grenfell Health

Breastfeeding Support Groups & Services

<p>709-960-0424 Email: slfc@nf.aibn.com <i>Administration office only does not provide direct services to clients</i></p>	<p>709-960-0454</p> <p>Circle of Friends P.O. Box 161 Mary's Harbour, NL A0K 1T0 709-921-6411</p> <p>Family Ties Resource Centre P.O. Box 105 Charlottetown, NL A0K 5Y0 709-949-0395</p> <p>Sunshine Family Resource Centre P.O. Box 75 Black Tickle, NL A0K 1N0 709-471-8840</p> <p>Cartwright Rainbow Centre P.O. Box 258 Cartwright, NL A0K 1V0 709-938-7717</p>
<p>Hospitals (after regular working hours):</p> <p>Curtis Memorial Hospital, Obstetrical Unit, St Anthony 709 454 3333 X157 (provide services 24/7)</p> <p>Labrador Health Center, Maternity Unit, HVGB 709 897 2105 (provide services 24/7)</p> <p>CWJM Hospital. Labrador City, 709 944 9249 (provide services 24/7)</p>	



Labrador - Grenfell
Health

Breastfeeding Support Groups & Services

[Public Health Nursing Support NL HealthLine](#)

1-888-709-2929

[FACEBOOK / TWITTER](#)

Join us at [www. Facebook.com/babyfriendlynl](http://www.Facebook.com/babyfriendlynl)

Double Breast-Pump Rentals

Manstan Drugs

P.O. Box 517
Carol Lake Shopping Centre
Labrador City, NL A2V 2L3
709-944-3014/3012

Lawton's Drug Store

Corner Brook, NL
1-800-563-1145

Family Resource Centres

Please see listings on previous page