



Labrador - Grenfell
Health

Breastfeeding Support Services Labrador West

COMMUNITY HEALTH

Labrador-Grenfell Health, Labrador West Health Centre
Phone #: (709) 285-8321 to speak to a Public Health Nurse



INPATIENT DEPARTMENT SERVICES - NURSING

Labrador-Grenfell Health, Labrador West Health Centre
Phone #: (709) 285-8249

OUTPATIENT DEPARTMENT SERVICES - NURSING

Labrador-Grenfell Health, Labrador West Health Centre
Phone #: (709) 285-8100

LACTATION COORDINATOR

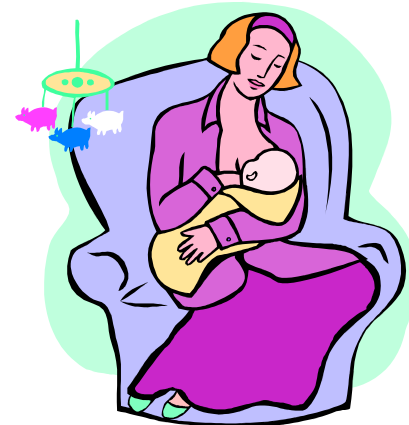
Heather Gates BNRN, IBCLC, CCHN(C)

Regional Lactation Consultant

Labrador Grenfell Health
Labrador West Health Centre
1700 Nichols-Adam Highway
Labrador City, NL
A2V 0B2

Phone #: (709) 285-8206

heather.gates@lghealth.ca



Breastfeeding Moms Support Group

First Steps Family Resource Centre

Mondays 1pm – 3pm

For more information, contact the Family Resource Centre at 709-944-7477

Resource Moms: Jennifer Byrne

firststepsfrc.com

LEADER, LA LECHE LEAGUE CANADA – LABRADOR GROUP

Jodi MacPhail

Phone #: (709) 899-0550

lllc.jodi@gmail.com

TELEPHONE / INTERNET INFORMATION SERVICES



babyfriendlynl.ca
Breastfeeding Newfoundland and Labrador



Mother Risk Alcohol/Substance Use Helpline
Hospital for Sick Children
Toronto, Ontario

Phone #: 1 (416) 813-6780 (9 - 5 pm, Mon. - Fri.)

Toll Free 1-877-327-4636

(Call for information regarding medications/alcohol/drug use during pregnancy and while breastfeeding.)



Pediatric Advice Line
Janeway Children's Hospital
St. John's, NL

Toll Free Phone # 1-800-43MOMMY (436-6669)



1-888-709-2929

TTY: 1-888-709-3555 • Service bilingue

Your Health. Your Call.

OTHER INTERNET RESOURCES

- **drjacknewman.com** – Breastfeeding Information
- **lllc.ca** – La Leche League Canada (Breastfeeding Information)
- **firststepsfrc.com** – First Steps Family Resource Centre Webpage with up to date schedules and contact information
- **Breastfeeding Moms NL** – Facebook Group



DOUBLE BREAST-PUMP RENTALS

Lawton's Drug Store
Corner Brook, NL
Ph #: 1 (800) 563-1145

REVISED FEBRUARY 2017