



Labrador - Grenfell  
**Health**

## Breastfeeding Support Services St. Anthony and Surrounding Area

### COMMUNITY HEALTH

Labrador-Grenfell Health, Charles S. Curtis Memorial Hospital  
Phone #: (709) 454-7392 to speak to a Public Health Nurse



### INPATIENT DEPARTMENT SERVICES - NURSING

Labrador-Grenfell Health, Charles S. Curtis Memorial Hospital  
Phone #: (709) 454-3333 obs/gyn extension 7157 or 7182

### OUTPATIENT DEPARTMENT SERVICES - NURSING

Labrador-Grenfell Health, Charles S. Curtis Memorial Hospital  
Phone #: (709) 454-3333 extension 7143

### LACTATION COORDINATOR

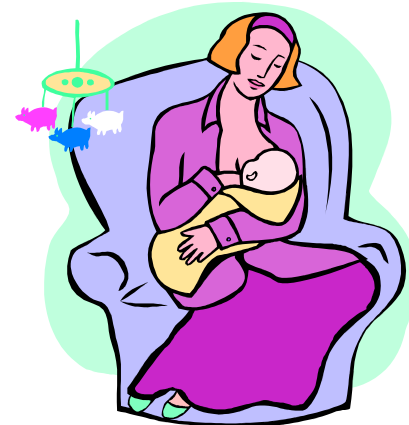
**Heather Gates BNRN, IBCLC, CCHN(C)**

**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](mailto:heather.gates@lghealth.ca)



### Breastfeeding Moms Support Group

St. Anthony Family Resource Centre (FRC)

Fridays 10:00 (Dorm Building Basement)

For more information, contact the Family Resource Centre at 709-454-3122

<http://norpenfrc.ca/ourprograms.asp>

## 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)



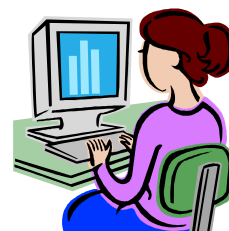
**1-888-709-2929**

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