



Labrador-Grenfell  
**Health**

# Breastfeeding Support Services Labrador West

## **Regional Lactation Consultant**

Chantelle McGrath, BScN RN IBCLC  
Labrador-Grenfell Health, Labrador West Health Centre  
Phone #: (709) 285-8206  
Chantelle.McGrath@lghealth.ca

## **Community Health Department**

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

## **Breastfeeding Moms Support Group**

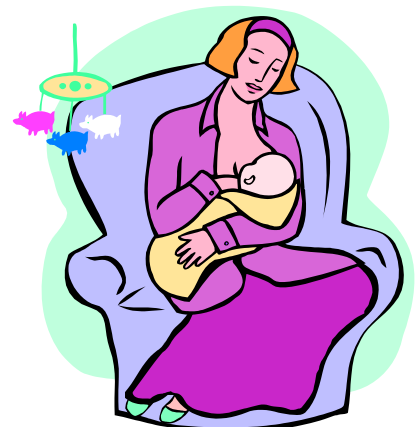
First Steps Family Resource Centre  
Mondays 12pm – 2pm  
For more information, contact the Family Resource Centre  
Resource Mom: Jennifer Byrne

[firststepsfrc.com](http://firststepsfrc.com)

Phone #: (709) 944-7477

## **La Leche League Canada – Labrador Group**

Jodi MacPhail, Leader  
Phone #: (709) 899-0550  
lllc.jodi@gmail.com



## Telephone / Internet Information Services



**Baby-Friendly**  
Newfoundland & Labrador

**babyfriendlynl.ca**

Baby-Friendly Newfoundland and Labrador



**Dial 811**

TTY:1-888-709-355- Service bilingual

**Your Health. Your Call**

### Other Internet Resources

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



### Breast Pump Lending Program

**First Steps Family Resource Centre**

Phone #: 1 (709) 944-7477