

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

Parent and Infant group drop-ins are held for 2 hours Mondays through Thursdays at a variety of locations. 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 on duty.

***Mondays: 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

***Wednesdays: 1:00 pm–3:00 pm**

West Vancouver Community/Health Centre
2121 Marine Drive – 1st floor
West 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 call the public health office at 604-983-6700 to confirm clinic locations and times, and for further information on the current topics.

On Call - Baby Nurse Line

can be reached through the Public Health Department at 604-983-6754.

Monday–Friday 8:30 am–4:30 pm (holidays excluded).

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. Appointments are available **Tuesdays, Wednesdays** and **Fridays**. To book, please call 604-983-6863.

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

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.nbc.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

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