

RENFREW COUNTY BREASTFEEDING SUPPORTS

Renfrew County and District Breastfeeding Network – www.rcbreastfeeding.com

LA LECHE LEAGUE CANADA

Breastfeeding Referral Number: 1-800-665-4324

- Advises of nearest La Leche Leader and meetings
- Can mail out information re: breastfeeding topics

Local Leaders:

- Kessie Hamilton (Arnprior & Renfrew) 613-623-9565

Warm Line: 613-238-5919

(organized by Ottawa LLL)

24 hours / 7 days a week – leave a message and LLL will call back

BREASTFEEDING TELEPHONE SUPPORTS

- Renfrew County and District Health Unit: (RCDHU)
Health Info Line 1-800-267-1097 Extn. 666 or 613-735-8666

LACTATION CONSULTANTS

- Lois O'Brien 613-735-8049 (fee for service)
- Heather Yolkowskie, RCDHU (Monday - Friday, 8:30 am – 4:00 pm) 613-432-5853 or 1-800-804-0772
- Jane Yantha, RCDHU (Monday - Friday, 8:30 am – 4:00 pm) 613-756-2744 or 1-800-267-8824
- Lori Duchrow, Ontario Early Years – Pembroke (Monday - Friday, 8:30 am – 4:00 pm) 613-735-6866
Extn. 2109 or 1-866-547-7613
- Birth Care – 613-729-9370 (fee for service) out of Ottawa
- Gisele Gobeil, ABC Soutien Perinatal Support (services Renfrew/Arnprior) 613-831-3180 (fee for service)

MOTHERISK

For information on medication use and breastfeeding:

- 416-813-6780 (Toronto) Listen to pre-recorded messages and/or speak with counsellor

BREAST PUMP RENTAL

- Renfrew Victoria Hospital (Call and ask for Obstetrics) 613-432-4851 (Ameda-Egnell Pumps)
- Aikenhead's Drug Store in Renfrew – 613-432-8866 (Medela Double Electric)
- Mulvihill Drug Mart, Pembroke (Open 7 days/wk) 613-735-0161 (Medela Single/Double Electric)
- Lois O'Brien, (Rents & Sells) 613-735-8049 (Medela Single/Double Electric)
- OEYC, Pembroke (Open Monday – Saturday) 613-735-7575 (Medela Single Spring Express/Double Manual Foot Pedal)
- Petawawa Military Resource Centre (P.M.F.R.C.) (contact Monday to Friday 8:00 am – 4:00 pm)
613-687-1641 (Medela Hand Pumps)
- Birth Care Inc., Ottawa 613-739-9370 (Rents & Sells) (Medela Single/Double Electric)
- Gisele Gobeil, ABC Soutien Perinatal Support (services Renfrew/Arnprior) 613-831-3180 (Medela Pump Rental and Sales)
- The Baby Nest, Pembroke (Open Monday – Saturday, call for store hours) (Rents & Sells) 613-629-2229 (Medela Double Electric)

ONTARIO POISON CENTRE

- 1-800-268-9017 or 416-813-5900 – www.ontariopoisoncentre.com