

# Lactation Support in Waterloo Region

*\*This resource is current as of June 2023*

## FREE Peer Breastfeeding Support

**Breastfeeding Buddies:** Phone/Text/Email Support, Virtual Prenatal Classes, Virtual Latch & Learn Group sessions & Local Meet ups

[www.breastfeedingbuddies.com](http://www.breastfeedingbuddies.com)    [bfbuddies@healthcaringkw.org](mailto:bfbuddies@healthcaringkw.org)    519-772-1016



BreastfeedingBuddiesWR



BreastfeedingBuddies

## FREE Medical Breastfeeding Support

**Public Health Breastfeeding Clinic:** Phone/Virtual/In person services available in Waterloo & Cambridge, no OHIP required

Book Online at [www.regionofwaterloo.ca/breastfeedingclinics](http://www.regionofwaterloo.ca/breastfeedingclinics)    519-575-4400

**Breastfeeding Medicine of KW, Dr. Joanna Zorzitto MD,CCFP,IBCLC:** In Clinic appointments. Tongue Tie Revisions. Referral preferred. If you are unable to get a referral in a timely manner or do not have a primary care provider please call 519-578-3510

[www.breastfeedingmedicinekw.ca](http://www.breastfeedingmedicinekw.ca)

**Cambridge Paediatric & Breastfeeding Clinic:** Seeing patients in clinic and by telephone. Tongue/Lip Tie Revisions.

Referral preferred. 519-620-3600 \*\*new location: 246 Dundas St. S, Cambridge

**Two Rivers FHT:** In person or Phone visit with IBCLC. Tongue Tie Revision. 519-629-4615 ext. 271

## Partial OHIP Coverage/Private Insurance/Fee Based IBCLC Support

**Tania Heinemann IBCLC:** Virtual/Phone/Text/In-Home/In-Clinic consultations \*OHIP coverage with a referral/updated OHIP cards,

Insurance receipt provided for private benefit coverage    [www.yellowood.ca](http://www.yellowood.ca)    519-716-0956    [yellowood73@gmail.com](mailto:yellowood73@gmail.com)

**Bethany Heintz RPN, IBCLC:** Virtual/Phone consults \*\*Most breastfeeding services covered by OHIP \*referral required

[admin@ontariobreastfeedingclinic.ca](mailto:admin@ontariobreastfeedingclinic.ca)    877-822-1105 TEXT ONLY    <https://ontariobreastfeedingclinic.ca>

**Victoria Monroe, IBCLC:** In clinic visits at Cambridge Midwives or Guelph Prenatal Massage. No referral required. Private benefits can cover part of fees. Self booking online at [www.GuelphPrenatalMassage.com](http://www.GuelphPrenatalMassage.com)

[victoria@guelphprenatalmassage.com](mailto:victoria@guelphprenatalmassage.com)    @victoriamunromt\_ibclc

**Brittney Owen, RN, IBCLC:** In-home visits (limited availability), self referral, fee for service, receipt provided for possible private insurance coverage.

[bossyboobs lactation@gmail.com](mailto:bossyboobs lactation@gmail.com)

**Tara Shantz IBCLC NP RN:** In Clinic, Home (limited availability), Virtual, or Phone Consult. Tongue/Lip Tie Revisions\* (\*fee)

Self booking online at [www.latchedon.ca](http://www.latchedon.ca) or by phone 519-585-3100

[latchedonpaediatrics@gmail.com](mailto:latchedonpaediatrics@gmail.com)



LatchedOnPaeds



@latched\_on

**Rupinder Sadhara, RPN, IBCLC:** OHIP covered virtual or in clinic appointments- text "BOOKNOW" or "RUPINDER" to 1-877-822-1105

In home (not OHIP covered) appointments also available at [mothersownlactation@gmail.com](mailto:mothersownlactation@gmail.com)

[www.mothersown.ca](http://www.mothersown.ca)    226-989-5223

**Alex Wachelka, IBCLC:** In Clinic, Virtual, In Home (limited availability) \*no referral required

[hello@motherhoodblooms lactation.com](mailto:hello@motherhoodblooms lactation.com)

Clinic booking: [www.thewombguelph.ca](http://www.thewombguelph.ca)

519-766-0127

**Nichole Wagner RN, IBCLC:** In-Home Visits. No referral required. Virtual/Phone consults also available. Insurance receipt

provided for private benefit coverage

[www.uptownlactationservices.ca](http://www.uptownlactationservices.ca)

519-589-8915

**Stratford Breastfeeding Clinic:** In Clinic/Virtual Appointments \*referral required

[www.stratfordbreastfeedingclinic.com](http://www.stratfordbreastfeedingclinic.com)

519-305-0242

[stratfordbreastfeedingclinic@gmail.com](mailto:stratfordbreastfeedingclinic@gmail.com)