

Ottawa Postnatal and Breastfeeding Support Contact Listing

* For **Baby Express** and **Breastfeeding Support Drop-ins** available (for free), please see GREEN sheet. For updated information on other breastfeeding supports and services available to Ottawa residents, visit www.ottawabreastfeeds.ca

Organization	Name of Service or Program	Hours of Service	Key Activities and Target Group	Contact Information
Mom-to-Mom Support				
Wabano Centre for Aboriginal Health	Moms Mentoring Moms	Up to you! One-on-one support.	One-on-one peer support for Aboriginal women. Pregnant women and mothers of babies 0-6 months are paired with a mom who has experience breastfeeding and who has been trained to offer breastfeeding support and encouragement.	Katrina Dumont Moms Mentoring Moms Program Coordinator kdumont@wabano.com 613-748-0657 ext. 371
Wabano Centre for Aboriginal Health	Post Natal and Breastfeeding Support Group	Tuesdays 1:00-2:30 Wabano Centre for Aboriginal Health 299 Montreal Road Basement/Earth Floor	Group support for Aboriginal moms with babies 0-12 months. Various topics. Bus tickets and snack provided.	Belinda Larente Perinatal/Family Wellness Coordinator blarente@wabano.com 613-748-0657 ext. 237
La Leche League	Group support	Monthly meetings at various times and locations in the city.	For pregnant mothers intending to breastfeed, or mothers giving any amount of breast milk. Some specialty groups e.g. older children	613-238-5919 lllcottawa@gmail.com
Ottawa Public Health	Ottawa Breastfeeding Buddies	Up to you! One-on-one support.	Telephone peer support program. For mothers from late pregnancy to babies 6 month of age intending to breastfeed or already breastfeeding	613-580-6744 ext. 23932 ottbreastfeedingbuddies@ottawa.ca
Canadian Perinatal Nutrition Program	Buns in the Oven	Mondays 9:30-11:30 South-East Ottawa CHC 1355 Bank St. Suite 600 Tuesdays 10:00-11:30 Centretown CHC 420 Cooper St. Tuesdays 1:00-3:30 Salvation Army Bethany Hope Centre	Weekly meetings to provide support to improve the health and well being of pregnant women, new mothers and babies. Participants cook and eat together, learning about pregnancy and babies and can take free food home	613-749-4584 info@ottawayoungparents.com

		820 Woodroffe Ave. Tuesdays 1:00-3:00 Somerset West CHC 55 Eccles St. Wednesdays 9:30-11:30 Pinecrest – Queensway CHC 1365 Richmond Rd. 2 nd Floor Wednesdays 9:30-12:00 Carlington CHC 900 Merivale Rd Wednesdays 1:30-3:00 Centre des services communautaires de Vanier 290, rue Dupuis Thursdays 3:30-6:00 St. Mary's Home Outreach Centre 780 de l'Eglise St		
Milkface	Breastfeeding Café	Wednesdays 10:30-12:30 Milkface 445 Churchill Ave. N	Weekly gathering place for moms, babies (in arms) and pregnant women. Enjoy relaxation, snacks, company and conversation. Certified Lactation Counsellor on site.	613-799-4116 https://www.facebook.com/pages/The-Breastfeeding-Cafe/205369742858909
Carlington Community Health Centre	Ottawa Multiple Breastfeeding Support	4th Monday of every month, 10:00 Carlington CHC 900 Merivale Rd	Group support for mothers of multiples.	
Phonelines for Breastfeeding Support				
Ottawa Public Health	Various	Monday to Friday 9:00-4:00	Public Health Nurses available to answer questions	613-580-6744 ext. 28020
La Leche League	Ottawa Chapter	7 days a week	Helpline for breastfeeding information, troubleshooting and telephone or email support, 7 days/week.	613-238-5919
Telehealth Ontario		24 hours a day, 7 days a week	Expert advice, including support for breastfeeding	1-866-797-000

Postpartum Depression Resources in Ottawa

1. Call Ottawa Public Health Information 613-580-6744, ext. 28020 / Toll free 1-866-426-8885
 2. Call Family Services à la famille Ottawa at 613-725-3601, ext. 117 for information about postpartum depression and support groups
 3. Talk to your doctor.
 4. Tell your partner, family or friends. You may need help taking care of your baby.
 5. Distress Centre at 613-238-3311: Open 24 hours a day to provide immediate support.
- The Community Health Centre in your area may have group support sessions for new parents.

Wabano Centre for Aboriginal Health 299 Montreal Road	Mental Health Counselling	18+ Individual, Couples, and Family Counselling Group Counselling (trauma, addictions, stress, anxiety, and depression)	Marianna Shturman Director of Mental Health/Clinical Therapist (613) 748-0657 ext. 224 mshturman@wabano.com
Minwaashin Lodge 100-1155 Lola Street	Counseling Program	Adults. Individual counseling: mental health, sexual abuse, addictions, trauma, crisis; also support for parents whose children have been taken into care.	Counselling Case Manager 613-741-5590 Ext. 228
Tungasuvvingat Inuit 604 Laurier Ave West.	Community Support Program	Inuit adults. Short term counseling and crisis intervention. Inuit women's health circles.	Pamela Hill Community Support and Liaison Work 613-747-2225 ext 12. communitysupport@ontarioinuit.ca

Pre-/Post-Natal Services (Aboriginal Organizations)

Wabano Centre for Aboriginal Health 299 Montreal Road	Pregnancy Circle	Thursdays, 6:00-7:30	For pregnant women and their partners.	Belinda Larente Perinatal/Family Wellness Coordinator 613-748-0657 x 237 blarente@wabano.com
	Post-Natal and Breastfeeding Support Group	Tuesdays, 1:00-2:30	For moms of babies 0-12 months	
Minwaashin Lodge 100-1155 Lola Street	Pregnancy Circle	Tuesdays	Pregnant women.	Sacred Child Assistant 613-741-5590 x 234
	Breastfeeding Support Circle	Thursdays, 12:30-1:30	Breastfeeding women.	
Tungasuvvingat Inuit 604 Laurier Ave West.	Pre-postnatal program		Pre-postnatal Inuit moms and dads with infants up to the age of 1. Birthing information, community kitchen/nutritional lunch, other.	Mary Hutton 613-749-4500 buttonmary1@yahoo.ca