





# Breastfeeding Support in Waterloo Region during Covid-19

*\*This resource is current  
as of August 2021*



## FREE Medical Breastfeeding Support

**Public Health Breastfeeding Clinic:** Phone/Virtual appointments. In person services available as required.  
519-575-4400 [pregnancyandbreastfeedingteam@regionofwaterloo.ca](mailto:pregnancyandbreastfeedingteam@regionofwaterloo.ca)

**Breastfeeding Medicine of KW, Dr. Joanna Zorzitto MD,CCFP,IBCLC:** In Clinic or phone appointments.  
Referral preferred. If you are unable to get a referral in a timely manner, or do not have a  
primary care provider please call. Phone: 519-578-3510 Fax: 519-578-6040  
[www.breastfeedingmedicinekw.ca](http://www.breastfeedingmedicinekw.ca)

**Tara Shantz IBCLC NP RN:** In Clinic, Home Visits (limited availability), Virtual, or Phone Consult.  
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

**Cambridge Paediatric & Breastfeeding Clinic:** Seeing patients in clinic and by telephone. Referral preferred.  
519-620-3600

**Bethany Heintz RPN, IBCLC:** Virtual/Phone consults \*\*Most breastfeeding services covered by OHIP \*referral required  
[bethany@nourishingfoundations.ca](mailto:bethany@nourishingfoundations.ca) 519-546-5874  
 [nourishingfoundations.ca](https://www.nourishingfoundations.ca)  [nourishingfoundations.ca](https://www.nourishingfoundations.ca)

**Tania Heinemann IBCLC:** Virtual classes, Virtual/Phone/Text/In-Home consultations \*referral required  
[www.yellowood.ca](http://www.yellowood.ca) 519-716-0956 [Yellowood73@gmail.com](mailto:Yellowood73@gmail.com)

**Simone Coulter RN, IBCLC:** Clinic, Virtual & Phone consultations available. Services covered by OHIP with MD/NP/RMW referral\*  
[info@fullcirclelactationservices.ca](mailto:info@fullcirclelactationservices.ca) [www.fullcirclelactationservices.ca](http://www.fullcirclelactationservices.ca) 519-897-9560

**Two Rivers FHT:** In person, Phone, & Virtual IBCLC visits 519-629-4615 ext. 271

**Woolwich CHC:** In person/Virtual IBCLC visits \*\*Must be a registered patient of Woolwich CHC  
(519) 664-3794

**Cambridge Memorial Hospital:** Free Virtual Prenatal Class! Email [theinemann@cmh.org](mailto:theinemann@cmh.org)

## FREE Peer Breastfeeding Support

**Breastfeeding Buddies:** Trained Peer Volunteers provide Phone/Text/Email Support, Free Virtual Prenatal Classes,  
and Free Virtual Latch & Learn Group sessions [www.breastfeedingbuddies.ca](http://www.breastfeedingbuddies.ca)  
[bfbuddies@kdchc.org](mailto:bfbuddies@kdchc.org) 519-772-1016  BreastfeedingBuddiesWR  BreastfeedingBuddies

**La Leche League:** Free Peer support <https://www.lllc.ca/get-help>

## Fee Based IBCLC Breastfeeding Support

**Nichole Wagner RN, IBCLC:** Phone/Virtual/In-Home visits  
[www.uptownlactationservices.ca](http://www.uptownlactationservices.ca) 519-589-8915

**Ashley Pickett, IBCLC:** Phone, Virtual, & In Office Support  
[www.ashleypickett.com](http://www.ashleypickett.com) 647-969-0433



breastfeeding  
buddies