





Breastfeeding Support in Waterloo Region during Covid-19

**This resource is current
as of January 2022*



FREE Medical Breastfeeding Support

Public Health Breastfeeding Clinic: Phone/Virtual appointments. In person services available as required.
519-575-4400 Book Online at tinyurl.com/2p8fc9vk

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

Tara Shantz IBCLC NP RN: In Clinic, Home Visits (limited availability), Virtual, or Phone Consult.
Self booking online at www.latchedon.ca or by phone 519-585-3100
latchedonpaediatrics@gmail.com  LatchedOnPaeds  @latched_on

Cambridge Paediatric & Breastfeeding Clinic: Seeing patients in clinic and by telephone. Referral preferred.
519-620-3600 **new location: 246 Dundas St. S, Cambridge

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

Tania Heinemann IBCLC: Virtual classes, Virtual/Phone/Text/In-Home/In-Clinic consultations *referral required
www.yellowwood.ca 519-716-0956 Yellowwood73@gmail.com

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

Stratford Breastfeeding Clinic: In Clinic/Virtual Appointments *referral required
www.stratfordbreastfeedingclinic.com 519-305-0242 stratfordbreastfeedingclinic@gmail.com

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.com
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: In-Home Visits. No referral required. Virtual/Phone consults also available. Insurance receipt
provided for private benefit coverage www.uptownlactationservices.ca 519-589-8915



breastfeeding
buddies
Waterloo Region