

# Lactation Support in Waterloo Region

*\*This resource is current as of July 2022*

## FREE Medical Breastfeeding Support

**Public Health Breastfeeding Clinic:** Phone/Virtual/In person services available in Waterloo & Cambridge  
519-575-4400 Book Online at [tinyurl.com/2p8fc9vk](http://tinyurl.com/2p8fc9vk)

**Breastfeeding Medicine of KW, Dr. Joanna Zorzitto MD,CCFP,IBCLC:** In Clinic appointments. Tongue/Lip 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. Phone: 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

## 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](http://www.breastfeedingbuddies.com)  
[bfbuddies@kdchc.org](mailto:bfbuddies@kdchc.org) 519-772-1016  BreastfeedingBuddiesWR  BreastfeedingBuddies

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

## Partial OHIP Coverage/Private Insurance/Fee Based

**Tania Heinemann IBCLC:** Virtual/Phone/Text/In-Home/In-Clinic consultations \*referral required  
[www.yellowwood.ca](http://www.yellowwood.ca) 519-716-0956 [Yellowwood73@gmail.com](mailto:Yellowwood73@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

**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

**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>

**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)