

Infant Feeding Clinics and Supports**

Huron Perth Public Health (HPPH)

Get support from a public health nurse for:

- Breastfeeding, chest feeding, starting solid food
- Growth and Development of the baby

Email: hbhcintake@hpph.ca or call: 1-888-221-2133 ext. 3575

Prenatal e-learning

HPPH is no longer offering in-person prenatal classes at this time. However, they are offering an online prenatal course for free for Huron and Perth county residents. To learn more about the program, the topics discussed and details of how to register, click on the HPPH prenatal education link

<https://www.hpph.ca/classes-clinics-services/prenatal-and-parenting-support/prenatal-education/>

Huron Perth Healthcare Alliance (HPHA)

The Maternal Child Unit provides breastfeeding support 24/7, call 519-272-8232 or toll free: 1-888-272-1102 ext. 8232 at any time to receive support from a nurse.

Note: As of August 1/2025, HPHA's Breastfeeding Clinic is temporarily paused

See HPHA webpage for further details: Huron Perth Healthcare Alliance -Maternal Child Program

<https://www.hpha.ca/maternalchild#accordion-2-2>

Breastfeeding Supports in the Community

La Leche League Stratford: Free in-person peer support, facilitated by a leader. Meets weekly. Check out the Facebook page for details: <https://www.facebook.com/groups/3474422002678689/>

Mothers Initiating Lactation Knowledge and Support (MILKS): is a private Facebook group supported by La Leche League Stratford. It provides support, encouragement and links to community breastfeeding and parenting resources for breastfeeding families in Huron and Perth counties.

<https://www.facebook.com/groups/465377780237083/>

Health811: formerly Telehealth/Health Connect Ontario) you can connect with a registered nurse 24 hours a day, 7 days a week for free, secure and confidential health advice, including breastfeeding support.

Call 8-1-1 , or toll-free TTY: 1-866-797-0007 Chat online is available

References:

**This Information is obtained from the Huron Perth Public Health website: Infant Feeding Clinics and Supports <https://www.hpph.ca/classes-clinics-services/prenatal-and-parenting-support/infant-feeding-clinics-and-supports/>

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