

Cambridge Breastfeeding Resources:

Cambridge Pediatric/Breastfeeding Clinic – Tara Boyes, N.P., L.C. & Dr. Mantynen Zehrs South Centre (Galt) Cambridge, 519-620-3600

La Leche League Cambridge – Please contact Community Information Centre Waterloo Region at 519-579-3800 for a list of Leaders currently available for telephone help or La Leche League Canada at 1-800-665-4324 or [www.LLCC.ca](http://www.LLCC.ca) The Cambridge Group meets at 10 a.m., every 3rd Thursday, at the YWCA Cambridge, 55 Dickson Street, Cambridge (Galt).

Cambridge Ontario Early Years Centre – Breastfeeding Buddy available on Thursday from 9:45 - 11:30am, appointments call 519-740-8353. 149 Ainslie Street North, Cambridge (Galt)

Breastfeeding Buddies – Contact Sherry Rosa, Breastfeeding Buddies, Kitchener Downtown CHC 44, Francis Street South, Kitchener, ON N2G 2A2 519-772-1016

Region of Waterloo Public Health – Healthy Children Info Line: 519-883-2245

Meet With A Nurse - Ontario Early Years Centre:

Kitchener 519-571-1626

Kitchener-Waterloo 519-741-8585

Cambridge 519- 740--8353

Two Rivers Family Health Team – Kim Lichty, L.C. available to community members who are patients at Two Rivers. Two Rivers patients can self refer by calling Shelley at 519-629-4615 ext 271

Other Resources (fees may apply for these services):

Doula CARE Inc. Waterloo Region: <http://www.doulacare.ca/directory.htm> 1-888-879-3199

Dr. Joanna Thiessen, ND, Doula (offering Breastfeeding Support)

519-575-6016 [www.georgestreetnaturopathic.com](http://www.georgestreetnaturopathic.com)

Autumn Fernandes, RMT, Doula (offering Breastfeeding Support)

48 George St. North (Galt) Cambridge, ON 519-740-0555

Tania Heinemann, RNCP, Post Partum Doula (offering Breastfeeding Support)

38 Queen Street Cambridge (Hespeler) 519-220-1519 / 519-716-0956 (cell) [www.yellowood.ca](http://www.yellowood.ca)

Dr. Elisabeth Bastos Bsc(BioMed), ND (offering Breastfeeding Support)

519-772-8422 [www.cambridgenaturalclinic.com](http://www.cambridgenaturalclinic.com)

Other Online / Book Resources:

Dr. Jack Newman's Website: <http://www.drjacknewman.com/>

The Newman Breastfeeding Clinic & Institute offers a Breastfeeding Class for Expectant Moms: in the CANADIAN COLLEGE OF NATUROPATHIC MEDICINE 1255 Sheppard Avenue East. (across the bridge from North York General Hospital)