

Bow Valley & Area Breastfeeding Supports

Breastfeeding is natural, but that doesn't mean it isn't tricky 😊. Don't be shy to ask for help from one of the following providers if things aren't going well...or if you have any questions.

Contact Info		Notes:
Bow Valley Primary Care Network (Lactation Consultant)		
Canmore	403-675-3000	No referral required. Free of charge.
AHS Public Health (Registered Nurses)		
Banff	403-762-2990	No referral required. Free of charge.
Canmore	403-678-5656	No referral required. Free of charge.
Cochrane	403-851-6130	No referral required. Free of charge.
AHS Health Link (telephone consult with a Registered Nurse)		
Alberta-wide (24 hrs/day)	Dial 811	No referral required. Free of charge.
AHS Early Start Parent Information Line (telephone consult with a Registered Nurse)		
Calgary Zone and Area (24 hrs/day)	403-244-8351	No referral required. Appropriate for parents of babies up to 2 months old. Free of charge.
Calgary Foothills Primary Care Network - Riley Park Maternity (Breastfeeding Clinic)		
Calgary	403-284-3711	Referral required from healthcare provider. Free of charge.
Stoney Health Services (Lactation Consultant or Registered Nurse)		
Morley	403-881-3920	No referral required. Free of charge. Available to Indigenous people only.
Westglen Medical Centre (Breastfeeding Clinic)		
Calgary	403-240-2258	No referral required. Free of charge. Physician-based service.

Online Resource: The Newman Breastfeeding Clinic – International Breastfeeding Centre www.ibconline.ca