

# BILINGUAL ONLINE ONTARIO BREASTFEEDING SERVICES

*best start  
meilleur départ*

by/par health *nexus* santé

Breastfeeding mothers benefit from the support of other mothers. Sometimes they need a little help and support from professionals and experts as well. If you are looking for support for a breastfeeding mother in Ontario you can now search the:

**Bilingual Online Ontario  
Breastfeeding Services directory**  
at [www.ontariobreastfeeds.ca](http://www.ontariobreastfeeds.ca)

To speak with a registered nurse with breastfeeding expertise any time during the day or night call Telehealth at 1-866-797-0000 or TTY: 1-800-797-0007.

