

Breastfeeding can sometimes be hard to get the hang of but hands-on assistance is available in High River and our neighbouring communities.

As outpatients, patients are asked to call their local public health clinic to arrange breastfeeding help. A public health nurse will see them as soon as possible and assess need for a referral to a lactation consultant.

High River

403-652-5450

Black Diamond

403-933-6505

Okotoks

403-995-2600

Claresholm

403-625-4061

Nanton

403-646-2218

Vulcan

403-485-2285

Another option in addition to public health includes:

- Circle Medical in Calgary (Copperfield): here you get breastfeeding support by lactation consultants and physicians if necessary; you may be referred by a Low Risk Clinic physician or midwife or you can self-refer. Please call 403-726-0524 if you wish to self-refer.