

BCLCA – Breastfeeding Prenatal Classes (virtual)* Dec 8, 2021

Class	Offered by	Details	Link
Fraser Health Breastfeeding /Chestfeeding Online Modules	Fraser Health	8 modules (7 mins – 30 mins in length) Format: videos Access: anytime Cost: free	https://www.fraserhealth.ca/health-topics-a-to-z/pregnancy-and-baby/breastfeeding/breastfeeding-online-modules#YWslVY2973U
Breastfeeding Information for Parents	Ontario Tech University	7 modules (self-paced) Format: interactive modules - videos, quizzes, written content. Specific content for Indigenous families. Access: anytime Cost: free	https://breastfeedinginfo.ca
Prenatal Breastfeeding Class	La Leche League Canada	Virtual classes (Zoom). Classes usually 1 hour; single class or a series. Format: instructor led in real time Access: sign up for a class (held at different times across Canada but open to anyone no matter where you live) Cost: free - though donations are welcomed	https://www.llc.ca/virtual-meetings-calendar?field_time_zone_value=All&field_b4b_value=1
Understanding Breastfeeding	InJoy Health Education	2-3 hour interactive content Format: e-Class Access: only via a health authority/organization that has a contract with Injoy Cost: usually free to parents	https://injoyhealtheducation.com/products/breastfeeding-and-nutrition-products/understanding-breastfeeding-e-class.html
Prenatal Breastfeeding Class	St. Pauls (Providence Health Care)	Virtual classes (Zoom) - individualized one-on-one sessions or small group sessions Format: instructor led in real time Access: the content is designed for expectant parents registered to deliver at St. Paul's, but are open to all. Classes offered at set times throughout the month. Cost: From \$80 for the small group sessions, up to \$180 for a private one-on-one session; Nurses are also available for Mandarin or Cantonese classes.	https://www.providencehealthcare.org/virtual-prenatal-classes
First Droplets	Dr Jane Morton	1-2 hr online content Format: self directed online info and videos Access: anytime Cost: free	https://firstdroplets.com

This list includes known reliable breastfeeding classes. If you have feedback/suggestions, please contact info.bclca@gmail.com