**BCLCA – Breastfeeding Prenatal Classes (virtual)**

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| **Class** | **Offered by** | **Details** | **Link** |
| Fraser Health Breastfeeding /Chestfeeding Online Modules | Fraser Health | 8 modules (7 mins – 30 mins in length) Format: videosAccess: anytimeCost: 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: anytimeCost: 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 timeAccess: 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.lllc.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 InjoyCost: usually free to parents | <https://injoyhealtheducation.com/products/breastfeeding-and-nutrition-products/understanding-breastfeeding-eclass.html>  |
| Prenatal Breastfeeding | St. Pauls (Providence Health Care) | Virtual classes (Zoom) - individualized one-on-one sessions or small group sessions Format: instructor led in real timeAccess: 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>  |
| Prenatal Breastfeeding Class | Strathcona Midwifery Collective | Virtual classes (Zoom). Learn the essentials to get the best start breast/chest feeding your baby. Taught by Registered Midwife Laura Wood. 1.5 hours. Access: open to everyoneCost: $20 per family – sliding scale available | <http://www.strathconamidwiferycollective.com/events-activities>  |