



LACTATION RESOURCE GUIDE



Free Breastfeeding Groups

Adams County

Every Child Pediatrics Thornton 303-450-3690, x1106

Baby Cafe: Drop-in Group Tues 1-2:15 pm

North Suburban Medical Center 303-457-7740

Drop-in Group: Mon, Weds and Fri 1-2:30 pm

Platte Valley Medical Center 303-498-3415

Mommy Mingle: Sign up by calling 303-498-1481

St. Anthony North 720-627-0222

Drop-In Group: Fri 12-1 pm

Arapahoe County

UCHealth: U. of Colorado Hospital Anschutz 720-848-1741

Drop-In Group: Weds 1:30-2:45 pm Outpatient Pav, 3rd Flr

Littleton Adventist Hospital 303-734-8744

Mondays, by appointment only.

Medical Center of Aurora 303-873-5812

Drop-In Group: Tues and Thurs 1-2 pm

Douglas County

UCHealth: Lone Tree Health Center 720-848-1741

Drop-In Group: Mon 10-11:30 pm

UCHealth: Highlands Ranch Hospital 720-516-3010

Drop-In Group: Fri 12-1:30 pm Summit A Conference Rm

Castle Rock Adventist Hospital 720-455-0355

Drop-In Group: Thurs 12:30-2:30 pm

Parker Adventist Hospital 303-269-4388

Drop-In Group: Mon 10-11 am at The BirthPlace

SkyRidge Medical Center 720-225-2233

Weds and Fri 9:30-10:30 am Atrium Classroom



Resources

Children's Hospital Breastfeeding Management Clinic

- Clinic provides support to any mother and baby having challenges with breastfeeding
- Call 720-777-3605 or Google search *Children's Hospital Breastfeeding Management Clinic* for information

Mothers' Milk Bank

- Visit rmchildren.org/mothers-milk-bank/ or call 303-869-1888 for information on donating or receiving donor human milk.

La Leche League

- Call 303-779-6722 with questions and referrals to groups statewide



Phone Support

Children's Hospital Free ParentSmart Healthline: Speak with a nurse 24/7

720-777-0123 or 1-855-KID-INFO

La Leche League USA Breastfeeding Helpline

1-877-4LaLeche (1-877-452-5324)

InfantRisk Center Helpline

806-352-2519

Online Support

Office on Women's Health
www.womenshealth.gov/breastfeeding

American Academy of Pediatrics
healthychildren.org

WIC Breastfeeding Support
<https://wicbreastfeeding.fns.usda.gov/>

Medications and Breast Milk
www.infantrisk.com

KellyMom
www.kellymom.com

Colorado Breastfeeding Coalition
www.cobfc.org

Tri-County Health Department
www.tchd.org/breastfeeding

Aunt Bertha: A Resource Search Engine
www.auntbertha.com



- For Pregnant, Breastfeeding, Postpartum Women and Children under 5 (any caregiver can bring their child)
- Contact WIC today to learn more or find out if you are eligible:
 - Visit: www.tchd.org/wic
 - Call: 1-800-688-7777
 - Text: keyword localwic + your zip code to 67076

WHAT DOES WIC PROVIDE?



Nutrition education and free, healthy food.



Breastfeeding information, support and referrals.



Referrals for healthcare, child care and other services.