

## Information and Support

### WIC

#### Brighton

Nichole Poppie  
303-659-2335

#### Commerce City

Ellie Betts  
720-322-1570

#### Northglenn

Amy Armstrong 303-255-6237  
Meredith Quenzer 303-255-6279  
Amy Lutz 303-638-2747

#### Pecos

Jill Lundeen 303-426-5232



Family Health Hotline 303-692-2229

National Women's Health Information  
Center Breastfeeding Help Line  
1-800-994-9662

Colorado Breastfeeding Coalition  
303-377-3016

Mother's Milk Bank 303-869-1888

## Support Groups

La Leche League 303-779-6722  
(Referrals to group statewide)

WIC support groups  
Contact your local WIC office

### Hospitals/Lactation Consultants

North Suburban Medical Center  
303-457-6757

Platte Valley Medical Center  
303-498-3415

St. Anthony North – Barbara Knapp  
303-430-2620

University Hospital 720-848-6034

Avista Hospital 303-673-1088

\* All hospitals offer lactation services  
free of charge for babies delivered at  
that hospital.

## Medications and Breast Milk

Contact your physician.

Rocky Mountain Drug Consultation  
Center 303-893-DRUG

American Academy of Pediatrics  
[http://aappolicy.aappublications.org/  
cgi/content/full/pediatrics;108/3/776](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;108/3/776)



Who is a breastfeeding peer counselor?

- Has breastfeeding experience
- Lives in your community
- Has been carefully selected by WIC
- Gives support to new mothers
- Helps mothers achieve goals

#### Brighton WIC

Maria Iguado 303-968-9602

#### Northglenn WIC

Lisa Leyba 303-319-8859  
Colleen Jensen 303-396-9084

#### Commerce City WIC

Lisa Leyba 303-319-8859

#### Pecos WIC

Lisa Leyba 303-319-8859  
Alayna Hughes 303-319-8845

## Breast Pumps and Equipment

WIC pump loan program  
Contact your WIC office

Medela 1-800-435-8316  
Hollister 1-877-992-6332  
Avent 1-800-542-8368  
Whittlestone 1-877-608-6455  
Bosom Buddies 720-482-0109  
Babies R Us 303-650-2229

## Websites

[www.4woman.gov/breastfeeding](http://www.4woman.gov/breastfeeding)  
[www.lalecheleague.org](http://www.lalecheleague.org)  
[www.ilca.org](http://www.ilca.org)  
[www.kellymom.com](http://www.kellymom.com)  
[www.health1.org/lactation.asp](http://www.health1.org/lactation.asp)  
[www.breastfeeding.com](http://www.breastfeeding.com)  
[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)  
<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

## Recommended Reading

Breastfeeding: A Parents Guide  
Amy Spangler

New Mother's Guide to Breastfeeding  
American Academy of Pediatrics

Dr. Mom's Guide to Breastfeeding  
Marianne Neifert

Nursing Mothers Companion  
Kathleen Huggins, RN MS

Nursing Mother, Working Mother  
Gale Pryor

The Womanly Art of Breastfeeding  
Gwen Gotsch, Anwar Fazal,  
Judy Torgus

Tri-County Health Department's Special Nutrition Program for Women, Infants and Children (WIC) services are provided without regard to race, color, sex, age, religion, national origin or disability.  
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## Tri-County WIC Offices

Alton/Colfax 9000 E. Colfax Aurora, CO 80010	303-361-6010
Aurora 15400 E. 14 <sup>th</sup> Place, Ste. 309 Aurora, CO80011	303-341-9370
Brighton 1295 E. Bridge Street, Ste. 102 Brighton, CO 80601	303-659-2335
Castle Rock 4400 Castleton Court Castle Rock, CO 80109	303-663-7650
Commerce City 4201 E. 72 <sup>nd</sup> Avenue Commerce City, CO 80022	303-288-6816
Englewood 4857 S. Broadway Englewood, CO 80110	303-761-1340
Iliff 15559 E. Iliff Avenue Aurora, CO 80013	303-745-5858
Lone Tree 9350 Heritage Hills Circle Littleton, CO 80124	303-784-7898
Northglenn 10190 Bannock Street, Ste. 100 Northglenn, CO 80260	303-452-9547
Pecos 7290 Samuel Drive, Ste. 130 Denver, CO 80221	303-426-5232

# Resource Guide for WIC Breastfeeding Moms



## Tri-County Health Department



Serving Adams, Arapahoe and Douglas Counties  
Administrative Office  
6162 S. Willow Dr., Ste. 100 • Greenwood Village, CO 80111  
303-220-9200 • [www.tchd.org](http://www.tchd.org)