



# Tri-County Health Department

## Lactation Resource Guide



### Free Breastfeeding Groups

Call in advance for the most up to date information on virtual or in person groups.

#### Adams County

##### Lutheran

303-425-2229 / Weds 9-11:30 am / Fri 2-3:30pm

##### North Suburban Medical Center

303-457-7740 / Mon, Weds, Fri 1-2:30 pm

##### Platte Valley Medical Center

303-498-3414 / Call for information

##### St. Anthony North

720-627-3647 / Call for information

#### Arapahoe County

##### UCHealth: U. of Colorado Hospital Anschutz

720-848-1741 / Call for information

##### Medical Center of Aurora

303-873-5812 / Tues 1-2:00 pm

##### Swedish Hospital

1-866-779-3347 / Call for information

#### Douglas County

##### Castle Rock Adventist Hospital

720-455-0367/ Call for 1on1 Consultation

##### Parker Adventist Hospital

303-269-4388 / Mon 10-11:00 am

##### SkyRidge Medical Center

720-225-2233 / Weds & Fri 9:30-10:30 am



### 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 the [website](#) or call 303-869-1888 for information on donating or receiving donor human milk.

#### La Leche League

Visit the [website](#) or call 303-779-6722 with questions and for referrals to groups statewide.

#### Nurse Family Partnership

Helping first time parents succeed. [Find a nurse near you.](#)

#### Baby Café

Join us via Zoom every Thursday, 10–11:15 am. If you would like to attend, fill out this [short form](#) and you will receive an email with the information to join. All are welcome.

#### Facebook

Visit the [Tri-County Breastfeeding Support Facebook Page](#) to view videos on various breast / chest feeding topics.



## Online Support

[Office on Women's Health](#)

[American Academy of Pediatrics](#)

[WIC Breastfeeding Support](#)

[Infant Risk Center](#)

[KellyMom](#)

[Colorado Breastfeeding Coalition](#)

[Tri-County Health Department](#)

[findhelp.org](#): A Resource Search Engine

### **COVID-19 Guidance for Pregnancy and Breastfeeding:**

[Colorado Department of Public Health and Environment](#)  
[Center for Disease Control and Prevention](#)



Food Assistance for Pregnant, Breastfeeding, and Postpartum Women, and Children under age five (any caregiver can bring their child).

Contact WIC today to learn more or find out if you are eligible:

- Visit our [website](#)
- Call: 1-800-688-7777
- Text: keyword localwic + your zip code to 67076

In addition to food assistance, WIC offers breastfeeding support to WIC participants including FREE:

- Breastfeeding education
- Lactation consults
- Breast pumps
- Access to breastfeeding peer counselors

A WIC peer counselor is a WIC mom just like you who has breastfed her own baby and has additional breastfeeding training.

Locate the [WIC office closest to you](#) to access these services.



## 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

### WHAT DOES WIC PROVIDE?



Nutrition education and free, healthy food.



Breastfeeding information, support and referrals.



Referrals for healthcare, child care and other services.

*Updated: March 2022*