

# Breastfeeding Support Groups

Breastfeeding support and information for pregnant women as well as new parents and babies

**You do not have to be on the WIC Program to come.**

**Please call to confirm location!**

## **Pittsburg--Antioch--Brentwood--Oakley**

<b>Agency/Contact #:</b>	<b>Date:</b>	<b>Language/Time:</b>	<b>Location:</b>
<b>La Leche League</b> *Mary (925)754-1284 *Julie (925)757-6767 *Available for free telephone help.	3 <sup>rd</sup> Friday of every month	English 10:00 AM	First 5- downtown Antioch Call Mary for date and time
<b>WIC Breastfeeding Support Group</b> Claudia (925) 431-2465	2 <sup>nd</sup> Monday of every month	Spanish 9:30 AM-11:30 AM English 1:30 PM-3:30 PM	Pittsburg Heath Center 2311 Loveridge Rd Pittsburg, CA 94565

## **Concord--Walnut Creek--Pleasant Hill--Martinez--Lafayette**

<b>Agency/Contact #:</b>	<b>Date:</b>	<b>Language/Time:</b>	<b>Location:</b>
<b>La Leche League</b> *Anuta (925) 818-4355 *Available for free telephone help.	3 <sup>rd</sup> Wednesday of every month	English 3:00 PM	Bloom Retreat 1444 South Main St Walnut Creek, CA 94596
<b>WIC Breastfeeding Support Group</b> Gaby (925) 646-5226 Araceli (925)646-5534  *Warm Line Services @1-866-878-7767 (available in Spanish and English, calls are returned in 24 hours)	2 <sup>nd</sup> Thursday of every month	Spanish 9:30 AM-11:30 AM English 1:30 PM-3:30 PM	Concord WIC Office 2355 Stanwell Circle Concord, CA 94520

## **Danville--San Ramon--Alamo**

<b>Agency/Contact #:</b>	<b>Date:</b>	<b>Language/Time:</b>	<b>Location:</b>
<b>La Leche League</b> *Maggie (510) 703-4636 *Available for free telephone help.	4 <sup>th</sup> Tuesday of every month	English 10:00 AM	San Ramon Medical Center, 600 Norris Canyon Rd, San Ramon. (Use South/Family Birthing Center entrance, meets in Blackhawk A room)