

Contra Costa County Breastfeeding Resource Directory			
Agency	Advice/Consults	Phone Number	Breast pump rental/sales
Contra Costa Breastfeeding Warmline	Leave message with your name, phone number, and breastfeeding concern. A lactation specialist will call you back within 24 hrs.	1-866-878-7767 Press 1-Spanish, Press 2-English	
WIC Free for all WIC participants	Concord Pittsburg Richmond (All are English/Spanish with interpreter services available)	Phone (925) 646-5534 Fax (925) 646-5029 Phone (925) 431-2465 Fax (925) 431-2470 Phone (510) 231-8624 Fax (510) 231-8601 WIC breastfeeding support (925) 646-5534	All WIC clinics (925) 646-5534 *For WIC participants <u>only</u> (w/ Medical, High Risk or Exclusive breastfeeding moms returning back to school and work). *Based on eligibility *WIC only loan pumps
Public Health Field Nursing (No charge, serving primarily low income)	Home visits for case management including breastfeeding support/education/consults (English/Spanish)	P (925) 313-6924 F (925) 313-6029	
Kaiser (Kaiser members)	Walnut Creek (English) Antioch (English/Spanish) (Offers Support Group) Richmond (English/Spanish) Pinole (English/Spanish)	(925) 295-4368 (925) 813-3879 (510) 307-2514 (510) 243-4215	(925) 295-5001 (925) 813-3879 (510) 307-2210 (510) 243-4020
John Muir Health FREE Drop-in Latch Clinic Thursdays (up to 1month old) 11:30 am-1 pm	Lactation Advice Line (free) Lactation consultants appointments (fee-based) Home Health Visits (<u>only</u> for moms who deliver at John Muir *may be covered insurance) (English only)	(925) 941-7900 Option #2	(925) 941-7900 Option #2
Sutter/Delta	Lactation/Consultant (English only)	(925) 779-7200 x4206	
La Clinica de la Raza	Alicia Rangel, MSW, IBCLC* Provides one-on-one support & education. *Must be enrolled prenatally	(925) 246-4844	
Alta Bates (fee based, sliding scale offered) FREE Drop-In Support Group Available: @ 1:30-3pm every Tue & Fridays (*1 st visit free, additional visits \$10 per session)	Outpatient Lactation Consultants (English Only)	Office Hours: M-Fri 9-4pm (*appointment require for office visit) (510) 204-6546 Warm-line Message Only: (510) 204-7701	(510) 204-6546 (*fee base only)
Contra Costa County Breastfeeding Coalition	Contra Costa County Regional Breastfeeding Liaison Mary Jane Kiefer, M.S., R.D., CLE	(925) 646-5200	
Mother's Milk Bank	Provides human milk to babies whose own mothers cannot supply the milk to meet their babies' needs.	Call to inquire (408) 998-4550	(408)998-4550 Medi-Cal Participants Only- Must pick up

Free/Low Cost Contra Costa County Breastfeeding Classes and Support Groups

Agency	Location	Contact info	Date/ Time/Details
WIC Breastfeeding support groups (free)	Concord WIC Office 2355 Stanwell Circle, Concord	Gaby Ortega,CLE (925) 646-5226	2 nd Thursday 9:30-11:30 am (Spanish) 2 nd Thursday 1:30-3:30 pm (English)
	Pittsburg Health Center 2311 Loveridge Road, Pittsburg	Claudia Salmeron, IBCLC* (925) 431-2465	2 nd Monday 9:30-11:30 am (Spanish) 2 nd Monday 1:30-3:30 pm (English)
Lactation Lounge	Pittsburg Health Center 2311 Loveridge Road, Pittsburg	Brandi Gates, IBCLC (925) 431-2480, (510)372-3026	Every 3 rd Wednesday of the Month 5pm to 7pm
WIC Breastfeeding and Nutrition classes (free)	Richmond	(510) 231-8600	Call for schedule (English/Spanish)
	Concord	(925) 646-5370	
	Pittsburg	(925) 431-2460	
	Brentwood	(925) 513-6880	
Healthy Start (free)	Martinez	925) 370-5495	Call for schedule (English/Spanish alternating every other month) e.g. Jan-English, Feb-Spanish etc.
John Muir Women's Health Center (fee and fee-based)	Walnut Creek	(925) 941-7900 www.johnmuirhealth.com	Muir Mommies Support Groups- Free & low cost weekly sessions up to 1 year of age. Call to register. Breastfeeding, childbirth, & newborn care: Call for more information about free and fee-based classes.
La Leche League-LLL (free)	Pittsburg-Antioch-Brentwood-Oakley	Mary: (925) 754-1284 Julie: (925) 757-6767	3 rd Friday of every month at 10:00 am Antioch First 5 Center/ El Centro De Primeros 5 de Antioch, 512 West 5 th Street Call Mary to confirm at (925)550-6459
	Concord-Walnut Creek-Pleasant Hill-Martinez-Lafayette	Anuta: (925) 818-4355	3 rd Wednesday of every month at 3:00 pm Bloom Retreat, 1444 South Main Street, Walnut Creek
	San Ramon-Alamo	Maggie: (510) 703-4636 email: lalechealamosanramon@hotmail	4 th Tuesday of every month at 10:00 am Messiah Lutheran Church, 2305Camino Tassajara, Danville, CA 94526
Bay Area Breastfeeding Support (free)	Pinole	Serena Meyer IBCLC* (510) 612-4000 serenemother@gmail.com	2 nd Friday 4:30-6:00 pm Community breastfeeding support for pregnant, breastfeeding women, family partners & children. 880 Tennant Ave, Pinole-Alex Clark Room (bottom floor)
Kaiser	Pleasanton	(925) 847-5172 (English)	* Breastfeeding Classes varies in time at all Kaiser location. Please call prior attending classes. Pleasanton Breastfeeding Class Saturday 9:30 am - 11:30 am North Building, Second floor conference room
	Antioch Medical Center	(925) 813-3560 (English/Spanish)	
	Antioch Delta Fair	(925) 779-5147 (English)	
	Richmond	(510) 307-2210 (English)	
	Martinez	(925) 372-1198 (English)	
	Pinole	(510) 243-4020 (English)	
	Walnut Creek Medical Center	(925) 295-4190 (English)	
Sutter/Delta	Antioch	(925) 779-7200 x4206	Call for Breastfeeding class information.
Alta Bates (First session free /\$10 per session)	Berkley	(510) 204-6546 (English)	Tuesday and Friday 1:30-3:00 pm Breastfeeding Support Group:2450 Ashby Ave, Berkeley Lactation Department-1 st Floor