

# Santa Clara County: Free Lactation Support Services



## HOSPITALS

### **Santa Clara Valley Medical Center**

Contact your prenatal provider to be connected with a lactation consultant for breastfeeding support.

### **O'Connor Hospital**

#### **Lactation Support Group (virtual)**

\*English

kathleen.helsing@hhs.sccgov.org  
408-947-2743

Weekly on Tuesday;  
11:45 a.m.-1:15 p.m.

### **St. Louise Regional Hospital**

#### **Outpatient Consultations (TBD)**

\*English, Spanish, Other

Jana Tomasini, RN/IBCLC  
408-848-8663 / 408-482-1206  
jana.tomasini@hhs.sccgov.org

### **El Camino Health**

#### **Lactation Support Group (virtual)**

\*English

Register online; 650-988-8303  
Weekly Tu/Th; 10:30 am - 12:00  
p.m.

### **Lucile Packard Children's Hospital**

#### **Lactation Support Group (virtual)**

\*English, Spanish

lactation@stanfordchildrens.org

Advice line: 650-723-4118

Call and leave a voicemail.

Weekly on Th; 2:30 p.m. - 4:00 p.m.

### **Hazel Hawkins Memorial Hospital**

#### **Lactation Support Group (in-person)**

\*English, Spanish

Jana Tomasini, RN/IBCLC

831-637-5711 ext. 3385

jana.tomasini@hhs.sccgov.org

Weekly Tu/Th; 10:30 a.m. - 12:00  
p.m.

## **WOMEN, INFANT, AND CHILDREN (WIC)**

### **Santa Clara County Public Health**

#### **Department, WIC**

\*English, Spanish, Vietnamese,  
Chinese

Offers breast pump loan program.

Main line: 408-792-5101

Breastfeeding Support line:

408-794-0550

Text: 888-413-2698

### **Gardner Health Services, WIC**

\*English, Spanish, Vietnamese

Offers breast pump loan program.

Monday-Friday; 8:00 a.m. -5:00 p.m.

Main line: 408-254-5197

Text: 888-410-7908

### **Indian Health Center, WIC**

\*English, Spanish, Vietnamese

Offers breast pump loan program.

Monday-Friday; 8:00 a.m. -

4:30p.m.

Main line: 408-960-0900

Text: 888-410-9652

## COMMUNITY SUPPORT

### **Nursing Mothers Counsel**

#### **Lactation Support Line (phone)**

\*Cantonese, English, French, German,  
Hebrew, Hindi, Mandarin, Russian,  
Spanish

Call for counseling; 7 days a week,  
9:00 a.m. to 9:00 p.m. PST

Santa Clara County: 650-327-6455

Santa Cruz County: 831-688-3954

Please browse website for information  
on available services.



Click or scan QR Code  
to access website

### **Family Tree Wellness**

Please browse website for  
information on available support  
groups.



Click or scan QR Code  
to access website

### **La Leche League**

#### **Breastfeeding Support Group**

\*English

Email or call for updates

408-641-0138

lllofgreatsanjose@gmail.com

## COMMUNITY SUPPORT CONT.

### Casa Natal Birth Center

#### **New Mom's Group (in-person)**

\*English

Twice a month- Second and Fourth Wednesday; 11:00 a.m. – 12:30 p.m.  
246 Union Ave, Los Gatos, CA 95032  
casanatalinfo@gmail.com



Register via QR Code and call to confirm

### Blossom Birth and Family Lactation Support Group

\*English

Twice a month:

- 2nd Fridays online 1:30 p.m. - 3:00 p.m. via zoom
- 4th Fridays in-person (outdoors - weather permitting) at Mitchell Park, Palo Alto, 1:30 p.m. - 3 p.m.

650-321-2326



Click or scan QR Code to access website

*Note: Meeting days/times/locations are subject to change, please contact directly to confirm.*

## OTHER RESOURCES FOR NEW PARENTS

### Black Infant Health

Provides prenatal and postpartum health education, breastfeeding support, and access to a BIH Public Health Nurse.



### Roots Community Health Center

Provides health and wellness services in behavioral health, primary care, and prevention.



### Mother's Milk Bank

Collects, processes and distributes breast milk for babies and children. May provide breast pump loans to those eligible.



### Legal Aid at Work

\*English, Spanish, Mandarin, Cantonese, Other  
Provides information on workplace rights and accommodations. Maintains work and family helpline.



### Supporting Mamas

Provides information for families with perinatal depression and anxiety. Offers emotional support group for new moms.



### Santa Clara County Public Health Department

Provides information and resources on breastfeeding and lactation accommodation at work.



## Additional Breastfeeding Helplines

La Leche League USA Breastfeeding Helpline  
877-4LA LECHE

National Breastfeeding Helpline  
800-994-9662

For information on breast pump rentals, contact your health insurance, Mother's Milk Bank, and/or Nursing Mothers Counsel. WIC participants or those who may be WIC eligible should contact their local WIC agency for guidance.