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: 408-960-0900
Text: 888-410-9652

Indian Health Center, WIC
*English, Spanish, Vietnamese
Offers breast pump loan program.
Monday-Friday; 8:00 a.m. - 4:30 p.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.

La Leche League
Breastfeeding Support Group
*English
Email or call for updates
408-641-0138
lllofgreatsanjose@gmail.com

Family Tree Wellness
Please browse website for information on available support groups.

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COMMMUNITY 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

**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

OTHER RESOURCES FOR NEW PARENTS

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

**Mother’s Milk Bank**
Collects, processes and distributes breast milk for babies and children. May provide breast pump loans to those eligible.

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

**Legal Aid at Work**
*English, Spanish, Mandarin, Cantonese, Other
Provides information on workplace rights and accommodations. Maintains work and family helpline.

**Santa Clara County Public Health Department**
Provides information and resources on breastfeeding and lactation accommodation at work.

**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.**

Additional Breastfeeding Helplines

**La Leche League USA Breastfeeding Helpline**
877-4LA LECHE

National Breastfeeding Helpline
800-994-9662

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