

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 Tuesdays;
11:45am - 1:15pm

St. Louise Regional Hospital
Infant Feeding Support Group (In-Person)

*English, Spanish, Other
Jana Tomasini, RN/IBCLC
408-848-8663 / 408-482-1206
jana.tomasini@hhs.sccgov.org
Weekly on Wednesdays;
10:00am - 11:30am

El Camino Health
Lactation Support Group (virtual)

*English
Register Online; 650-988-8303
Weekly Thursday; 10:30am - 12:00pm

Hazel Hawkins Memorial Hospital
Lactation Support Group (in-person)

*English, Spanish
Jana Tomasini, RN/IBCLC
831-205-5719
jtomasini@hazelhawkins.com
Weekly Tuesdays/Thursdays;
10:30am - 12:00pm

Lucile Packard Children's Hospital
2 Support Groups (virtual)

*English, Spanish
Mother-Baby Mornings: parents with babies 0-6 months, every Tuesday 11:00am - 12:00pm, Lactation consultant joins 1st Tuesday of the month.
Movers and Shakers: parents with babies 5-10 months, every Monday 11:00am - 12:00pm.
To register for a group, email: LPCHcommunityClass@stanfordchildrens.org
Breastfeeding advice line: 650-723-4118

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

Indian Health Center, WIC

*English, Spanish, Vietnamese
Offers breast pump loan program.
Monday-Friday; 8:00am - 4:30pm
Main line: 408-960-0900
Text: 888-410-9652

Gardner Health Services, WIC

*English, Spanish, Vietnamese
Offers breast pump loan program.
Monday-Friday; 8:00am - 5:00pm
Main line: 408-254-5197
Text: 888-410-7908

Breastfeeding Support Group (in-person)

Last Thursday of every month;
12:30pm - 1:30pm
160 E Virginia St Unit 210,
San Jose, CA 95112

Click or scan QR Code to register



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, 9:00am - 9:00pm 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

COMMUNITY SUPPORT CONT.

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 (virtual)

*English
2nd Tuesday of the month; 7:00pm
Email or call for updates.
408-641-0138
llofgreatsanjose@gmail.com

Blossom Birth and Family Lactation Support Group

*English
Twice a month:
2nd & 4th Tuesdays - in-person at
Oshman Family JCC room G-106;
11:30am - 12:30pm
3921 Fabian Way, Palo Alto, CA 94303
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.



Mother's Milk Bank

Collects, processes and distributes breast milk for babies and children.



Silicon Valley Pregnancy, Birth & Postpartum Mamas

Family Food Support Group

Mom's Group (in-person)

*English & Spanish
Every 2nd Monday of the month; 10:30am – 11:30am
2635 Homestead road,
Santa Clara, CA 95051
liz@prettymb.org
908-938-5320



Casa Natal Birth Center

Call or email for additional information.
casanatalinfo@gmail.com
408-337-2830

Register via QR Code and call to confirm



Roots Community Health Center

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



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.



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, and/or Nursing Mothers Counsel. WIC participants or those who may be WIC eligible should contact their local WIC agency for guidance.