



Denver County Lactation Resource Guide



Hospitals and Support Groups

Denver Health

- Free [lactation consults](#) for patients who deliver at Denver Health. Call 303-602-8340 to schedule.
- [Lactation clinics](#) at Webb clinic on Wednesdays at 9:30 AM and Westside clinic on Tuesdays at 9:30 AM.
- [Prenatal breastfeeding classes](#) offered depending on schedule. Pre-register online, call 303-602-5526 or email info4moms2be@dhha.org.

Lutheran Medical Center Lactation

- Lactation consults by appointment, call 303-425-2286. Available in English and Spanish.
- Free [nursing support group](#) on Wednesdays at 9 AM and Fridays at 2 PM.

Medical Center of Aurora Lactation

- [Free breastfeeding clinic](#), meets Tuesdays at 1 PM, in-person or via Webex. Must register in advance.
- For additional breastfeeding support, call the Lactation Support Line at 303-873-5812.

North Suburban Hospital Lactation

- IBCLC support provided to mom and baby after delivery. Also offer phone assistance and [Healthy Beginnings Support Group](#). Call 303-457-7740.

Presbyterian St. Luke's Lactation

- For patient lactation support, call 720-754-7338.
- Free [breastfeeding support group](#), meets Wednesdays at 10 AM at Rocky Mountain Hospital for Children. Call in advance to ensure class is being held, 720-754-7339.

Rose Medical Center Lactation

- Free [breastfeeding support group](#) for moms who deliver at Rose Medical Center, in-person class Mondays at 1 PM or virtual class Thursdays at 1 PM.
- Lactation helpline, 303-320-2001.

St. Joseph's Hospital Lactation Department

- [Breastfeeding Support Group](#) offered on Mondays at 9:30 AM and Thursdays at 1:30 PM. Free and open to the public. Prenatal classes and virtual groups available online. To register, text BABY to 32037 or call 303-812-4640.
- Lactation 1:1 appointments offered with an IBCLC (insurance billed and Medicaid accepted).
- Lactation Line 303-812-4642.

Swedish Medical Center

- Lactation [support group](#) meets in-person. See class schedule. Pre-registration required, call 866-779-3347.

University of Colorado Hospital

- UCHealth hosts free [weekly breastfeeding support groups](#) at facilities along the Front Range.
- Individual lactation consultations by appointment.



Free breastfeeding consults for moms enrolled on the [Denver Health WIC program](#), call 303-602-6434 to schedule an appointment.

To be [eligible](#) for the Denver WIC program, you must be:

- Pregnant, breastfeeding (up to one year after the delivery of baby) or a postpartum woman (up to six months after the delivery of baby), or an infant or child up to 5 years of age.
- Income-eligible.

WIC offers breastfeeding support including free breastfeeding education, free lactation consults, and free breast pumps in addition to food assistance. To inquire about a pump, call 303-602-9444.

Breastfeeding phone and text support available through WIC Breastfeeding Peer Counseling. A WIC peer counselor is a WIC mother just like you who has breastfed her own baby and has completed additional training in breastfeeding. Call 303-602-5680 to get connected with a WIC Breastfeeding Peer Counselor.



Other Resources

Baby Cafés

- JCC Denver Baby Café: Wednesdays at 9 AM at Jewish Community Center
- MSU/Metro Caring Baby Café: Fridays at 1:00 PM at Metro Caring
- Visit babycafeusa.org for more information or to find a baby café near you.

Children's Hospital Breastfeeding Management Clinic

- [Clinic](#) provides support to any mother and baby having challenges with breastfeeding. Call 720-777-2740 to schedule.

Colorado COVID-19 information website for pregnant and breastfeeding families

- All guidance aligns with recommendations from the CDC, WHO and AAP.
- <https://covid19.colorado.gov/pregnancy-breastfeeding>.

Denver Nurse Family Partnership

- Helping first time parents succeed. Find a nurse near you, www.nursefamilypartnership.org.

Mothers' Milk Bank

- Visit this [website](#) or call 303-869-1888 for information on donating or receiving donor human milk. Free [baby cafés](#) also available throughout Denver.



Phone Support

Children's Hospital Free ParentSmart Healthline:
Speak with a nurse 24/7
720-777-0123 or 1-855-KID-INFO

InfantRisk Center Helpline
806-352-2519

La Leche League USA Breastfeeding Helpline
1-877-4LaLeche (1-877-452-5324)

LatchME app



**PUBLIC HEALTH
INSTITUTE**
AT DENVER HEALTH™

Contact Mandy Feeks for more information
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Online Support

American Academy of Pediatrics
healthychildren.org

Colorado Breastfeeding Coalition
www.cobfc.org

Find a lactation consultant
www.ilca.org

KellyMom
www.kellymom.com

Medications and Breast Milk
www.infantrisk.com

Office on Women's Health
www.womenshealth.gov/breastfeeding

WIC Breastfeeding Support
<https://wicbreastfeeding.fns.usda.gov/>