



Jefferson County Public Health Lactation Resource Guide



Free breast/chestfeeding groups

Call in advance for the most up to date information on virtual or in person groups.

Arvada / Wheat Ridge

Lutheran (Intermountain Healthcare)

303-425-2286 / Weds 9-11:30 am / Fri 2-3:30pm
sclhealth.org/classes-events/

Mothers' Milk Bank

303.869.1888 / Fridays, 11am-1pm
rmchildren.org/mothers-milk-bank/baby-cafe/

Lakewood / Golden

Belmar Public Library – Baby Café on Mondays 1-3pm
jeffco.us/2193/Breastfeeding

La Leche League of Lakewood

Visit lloflakewood.org for more info.

Call 303-779-6722 with questions / referrals to groups statewide.

Breastfeeding USA Groups – Lakewood & Golden

Visit this link to find a group close to you
breastfeedingusa.org/content/breastfeeding-counselor-locations

Lakeside/Denver

Amaryllis Therapy – (small fee) infant massage, lactation groups

303-433-0852 / or visit website to pre-register
amaryllistherapy.net/classes/babies/

Denver Health

Free lactation consults for patients who deliver at Denver Health. Call 303-602-9290 to schedule or visit this link to view lactation clinics on Tues and Weds.
denverhealth.org/services/womens-health/maternity-



Resources

Count on Me Lactation

Groups in Denver, Montbello & by zoom. English and Spanish. For phone support or questions call or text 720-314-8120. [facebook.com/cconmigolactancia](https://www.facebook.com/cconmigolactancia)

Children's Hospital Breastfeeding Management Clinic

Call 720-777-3605 or Google search Children's Hospital Breastfeeding Management Clinic for information.

Mothers' Milk Bank

Visit rmchildren.org/mothers-milk-bank/ or call 303-869-1888 for information on donating or receiving donor human milk.

Nurse Family Partnership

Helping first time parents succeed. Find a nurse near you jeffco.us/2208/Nurse-Home-Visitation-Programs

Baby Café – multiple locations

Baby Café is a safe and cozy place where new and expecting parents can gather to support one another on their breastfeeding journey while receiving free guidance and tips from a breastfeeding specialist.

BabyCafeColorado.org

Facebook

BABF of Denver – private mom-to-mom Facebook group overseen by lactation consultants. Search “Badass Breastfeeders of Denver” on Facebook.



Online Support

[Office on Women's Health](#)

[American Academy of Pediatrics](#)

[WIC Breastfeeding Support](#)

[Infant Risk Center](#)

[KellyMom](#)

[Colorado Breastfeeding Coalition](#)

[Jefferson County Public Health](#)

[4th Trimester Project](#)

COVID-19 Guidance for Pregnancy and Breastfeeding:

[Colorado Department of Public Health and Environment](#)

[Center for Disease Control and Prevention](#)



Food Assistance for Pregnant, Breastfeeding, and Postpartum Women, and Children under age five (any caregiver can bring their child).

Contact WIC today to learn more or find out if you are eligible:

- Visit jeffco.us/2173/Women-Infants-Children-WIC
- Call: 303-271-5780
- Text: keyword localwic + your zip code to 67076

In addition to food assistance, WIC offers breastfeeding support to WIC participants including FREE:

- Breastfeeding education
- Lactation consults
- Breast pumps
- Access to breastfeeding peer counselors

A WIC peer counselor is a WIC mom just like you who has breastfed her own baby and has additional breastfeeding training.

Locate the WIC office closest to you coloradowic.gov/find-wic-clinic to access these services.

WHAT DOES WIC PROVIDE?



Nutrition education and free, healthy food.



Breastfeeding information, support and referrals.



Referrals for healthcare, child care and other services.



Phone Support

Children's Hospital Free ParentSmart Healthline
Speak with a nurse 24/7

720-777-0123 or 1-855-KID-INFO

La Leche League USA Breastfeeding Helpline

1-877-4LaLeche (1-877-452-5324)

InfantRisk Center Helpline

806-352-2519

Postpartum Support International Helpline

Call/llame 1-800-944-4773 or text 503-894-9453
(English) 971-420-0294 (Español)

Updated: January 2023