



Lactation Resource Guide

Adams, Arapahoe and Douglas Counties



Free Breastfeeding Groups

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

Adams County

Lutheran

303-425-2229 / Weds 9-11:30 am / Fri 2-3:30pm

North Suburban Medical Center

303-457-7740 / Mon, Weds, Fri 1-2:30 pm

St. Anthony North

720-627-3647 / Call for information

Arapahoe County

UCHealth: U. of Colorado Hospital Anschutz

720-848-1741 / Call for information

Medical Center of Aurora

303-873-5812 / Tues 1-2:00 pm

Swedish Hospital

1-866-779-3347 / Call for information

Douglas County

Castle Rock Adventist Hospital

720-455-0367/ Call for information

Parker Adventist Hospital

303-269-4388 / Mon 10-12:00 pm / Please call the Friday before to reserve your spot in the group.

SkyRidge Medical Center

720-225-2233 / Monday & Thursday 11 am -12:00 pm

La Leche League

Visit the [website](#) or call 303-779-6722 with questions and for referrals to groups statewide.



Resources

Children's Hospital Breastfeeding Management Clinic

- Clinic provides support to any mother and baby having challenges with breastfeeding
- Call 720-777-3605 or Google search Children's Hospital Breastfeeding Management Clinic for information

Mothers' Milk Bank

Visit the [website](#) 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.](#)

Baby Café

Come and learn from other moms and experts who can answer your questions about breastfeeding!

There are 2 options to join every Thursday:

- Virtual from 10:00 – 11:00 am
- In person at the North Broadway office from 10:30 – 11:30 am

No appointment is needed and you can drop in anytime during the hour!

All are welcome from any county in Colorado and every attendee will receive a free gift!

To join virtually, just fill out this short registration form - <https://tinyurl.com/bdzjxxam> - and you will receive an email with the information to join.

The Adams County North Broadway office is located at 70th/Broadway - 7000 North Broadway, #400, Denver, CO 80221.



Online Support

[Office on Women's Health](#)

[American Academy of Pediatrics](#)

[WIC Breastfeeding Support](#)

[Infant Risk Center](#)

[KellyMom](#)

[Colorado Breastfeeding Coalition](#)

[findhelp.org](#): A Resource Search Engine

COVID-19 Guidance for Pregnancy and Breastfeeding:

[Colorado Department of Public Health and Environment](#)
[Centers 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 the WIC [webpage](#)

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](#) to access these 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

WHAT DOES WIC PROVIDE?



Nutrition education and free, healthy food.



Breastfeeding information, support and referrals.



Referrals for healthcare, child care and other services.