



# Denver County Lactation Resource Guide



## In-Person and Virtual Support Options

### Denver Health

- Free lactation support services for patients of [Denver Health](#). Call 303-602-9290 for appointments.
- Weekly [lactation clinics](#) for patients at Webb clinic (Wednesdays at 9:30 AM) & Westside clinic (Tuesdays at 9:30 AM).
- [Prenatal breastfeeding classes](#) offered depending on schedule. Pre-register online, by emailing [info4moms2be@dhha.org](mailto:info4moms2be@dhha.org) or call 303-602-5526.

### Presbyterian/St. Luke's Medical Center

- Breastfeeding [Support Group](#) Wednesdays at 10:00 AM. Meet at Rocky Mountain Hospital for Children's Family Resource Room. Call 720-754-7339 with questions.

### Rose Medical Center

- For [lactation support](#) in the hospital or after discharge, call the breastfeeding support line at 303-320-2001.
- In-person Baby Weigh and Breastfeeding Support Group, Mondays at 1:00 PM. Virtual Breastfeeding Support Group Thursdays at 1:00 PM.

### RMC Milk Bank

- [Mothers' Milk Bank Baby Café](#) at Hygge Birth and Baby Center Wednesdays at 12:00 PM. Call 720-464-7599 for more information.
- Virtual Baby Café on Wednesdays at 10:00 AM. <https://us02web.zoom.us/j/663711917>
- [Mothers' Milk Bank Baby Café](#) at the Jewish Community Center Wednesdays at 10:00 AM.

### St. Joseph's Hospital Lactation Department

- In-person [Breastfeeding Support Group](#) has resumed. Must register in advance.
- Virtual Breastfeeding Support Group continues to be offered on Tuesdays at 10:00 AM.
- For one-on-one assistance, contact the Lactation Department at 303-812-4642 to schedule an appointment.



WIC is still open and is offering most appointments via telephone.

WIC offers food assistance, nutrition education and breastfeeding support including free breastfeeding education, free lactation consults, and free breast pumps. WIC serves low-income families who are pregnant, postpartum, and caring for children up to the age of 5.

Please call 303-602-9444 to discuss breastfeeding support. To make an appointment to enroll on the WIC program, call 303-602-6550.



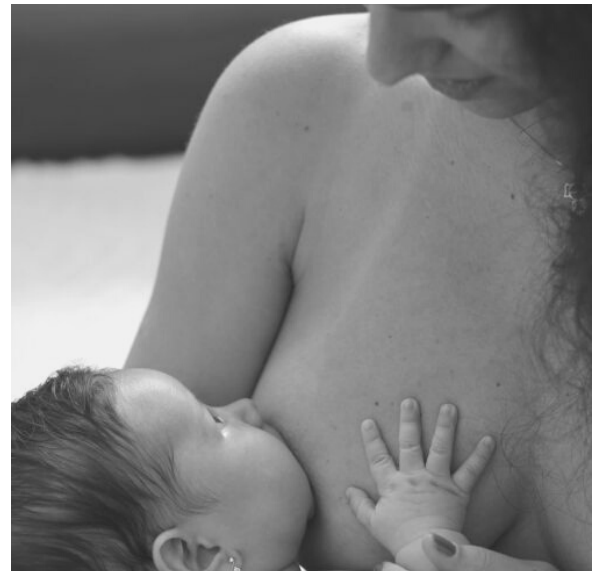
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**Centers for Disease Control (CDC)**

[cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html).

**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>.

**US Breastfeeding Committee** COVID 19 & Infant Feeding, [usbreastfeeding.org](https://usbreastfeeding.org).



 COVID-19 Reminders

COVID-19 has not been found in breast milk to date. The CDC recommends that lactating persons continue to breastfeed or express milk, and feed their milk to their babies. Breast milk protects against many illnesses and is the best source of nutrition for most babies.

If you are sick or experiencing symptoms, wash your hands before and after feedings, and wear a face mask when in contact with your baby. You may feed directly at the breast or express breast milk for a healthy caregiver to feed to your baby (CDC, 2020).

COVID-19 vaccines are not believed to be a risk to breastfeeding individuals or babies.

<https://covid19.colorado.gov/pregnancy-breastfeeding>

 Other Phone Support

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

CO Child Abuse and Neglect Hotline  
844-CO-4-Kids

Colorado Crisis Services  
1-844-493-TALK (8255) or text "TALK" to 38255

La Leche League  
Call 303-779-6722 with questions and referrals to groups statewide