



Tri-County Health Department

Lactation Resource Guide



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 10-11:30 am

North Suburban Medical Center

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

Platte Valley Medical Center

303-498-3415 / Mommy Mingle: Sign up at 303-498-1481

St. Anthony North

720-627-0222 / Fri 12-1:00 pm

Arapahoe County

UCHealth: U. of Colorado Hospital Anschutz

720-848-1741 / Weds 1:30-2:45 pm

Littleton Adventist Hospital

303-734-8744 / Mon, by appointment only

Medical Center of Aurora

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

Swedish Hospital

1-866-779-3347 / Weds 10-11:00 am

Douglas County

Castle Rock Adventist Hospital

720-455-0355 / Thurs 12:30-2:30 pm

Parker Adventist Hospital

303-269-4388 / Mon 10-11:00 am

SkyRidge Medical Center

720-225-2233 / Weds & Fri 9:30-10:30 am



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.

La Leche League

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

Nurse Family Partnership

Helping first time parents succeed. [Find a nurse near you.](#)

Baby Café

Join us via Zoom every Thursday, 10–11:15 am. If you would like to attend, fill out this [short form](#) at and you will receive an email with the information to join. All are welcome.

Facebook Live

Join us LIVE every Tuesday at 10 am on the [Tri-County Breastfeeding Support Facebook Page](#) to join in the conversation. Bring your questions and chat live with breastfeeding experts.



Online Support

[Office on Women's Health](#)

[American Academy of Pediatrics](#)

[WIC Breastfeeding Support](#)

[Medications and Breast Milk](#)

[KellyMom](#)

[Colorado Breastfeeding Coalition](#)

[Tri-County Health Department](#)

[Aunt Bertha](#): A Resource Search Engine

COVID-19 Guidance

Colorado Department of Public Health & Education:

COVID19.Colorado.gov (Main page)

[Pregnancy & Breastfeeding](#)

Center for Disease Control & Prevention:

[Pregnancy & Breastfeeding](#)



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 our [website](#)
- Call: 1-800-688-7777
- 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](#) 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.

Updated: November 2020