

GENERAL RESOURCES FOR NEW		
24-Hour Phone Access	211 Website: <a href="http://211cc.org">211cc.org</a>	Information on food, housing, health insurance and immigration
Family, Maternal & Child Health (FMCH)		
Contra Costa County Public Health	925-313-6254 Website: <a href="http://cchealth.org/fmch">cchealth.org/fmch</a>	Black Infant Health Program Guiding Healthy Families Nurse-Family Partnership Adolescent Family Life Program
Contra Costa Regional Medical Center Doula Program		
Hearts & Hands Volunteer Doula Program	Website: <a href="http://cchealth.org/doula">cchealth.org/doula</a>	No cost, on request, Doula support for pregnant women and families during labor, birth, and recovery
Contra Costa Health Services (Advice Nurse)		
For all Contra Costa County Residents	Call: 1-877-661-6230 (Option 1) Website: <a href="http://cchealth.org/healthplan/advice-nurse.php">cchealth.org/healthplan/advice-nurse.php</a>	24-hour assistance in obtaining breastfeeding support or health services.
General COVID-19 Resources		
California Department of Public Health (CDPH)	Website: <a href="http://CDPH.ca.gov">CDPH.ca.gov</a>	Guidance for pregnant and/or breastfeeding women during the COVID-19 pandemic



This institution is an equal opportunity provider.

WIC helps families get healthy food, breastfeeding support, nutrition information and referrals to healthcare and other community services.

WIC serves pregnant women, and new mothers. Dads, grandparents, foster and adoptive parents with children up to age 5. Migrant workers and working families are welcome at WIC!

**WIC Nutrition and Breastfeeding Support are available during Shelter-In-Place.**

**Call and apply for WIC at 1-800-414-4WIC**  
**Website: [cchealth.org/wic](http://cchealth.org/wic)**  
**Follow us on Instagram: [contracostawic](https://www.instagram.com/contracostawic)**



Updated: June 2020

# Contra Costa County Breastfeeding Resource Guide



## FREE BREASTFEEDING SUPPORT

### WIC Breastfeeding Support Services

Concord WIC Program 2355 Stanwell Circle, Concord 925-646-5370	The Lactation Club 925-646-5534 For pregnant or breastfeeding moms, new parents & new grandparents	<p><b>WIC Website:</b> <a href="http://cchealth.org/wic">cchealth.org/wic</a></p> <p><b>WIC Online Prenatal Education Series:</b> <a href="http://wichealth.org">wichealth.org</a></p> <p><b>WIC Instagram Page:</b> <a href="https://www.instagram.com/contracostawic">contracostawic</a></p>
Pittsburg WIC Program 2311 Loveridge Rd, Pittsburg 925-431-2460	Mommy to Mommy Breastfeeding Support 925-431-2465	
San Pablo WIC Program 501 Gateway Avenue San Pablo 510-942-4000	Mommy to Mommy Breastfeeding Support 510-942-4023 (English) Mommy to Mommy Breastfeeding Support 510-942-4017 (Spanish)	
Brentwood WIC Program 171 Sand Creek Road, Suite A Brentwood, CA 94513 925-513-6880	For Breastfeeding Support Call 925-513-6880	

### Local Chapters of La Leche League-LLL

La Leche League, Antioch	Antioch: Mary Marine 925-550-6459 (call/text/video) marinellecc@gmail.com	Website: <a href="http://llnorcal.org/groups/eastcontracostacounty">llnorcal.org/groups/eastcontracostacounty</a> Facebook Group: <a href="https://www.facebook.com/LaLecheLeagueofContraCostaCounty">La Leche League of Contra Costa County</a>
La Leche League, Briones	Shannon ShannonLaLeche@gmail.com  Natalie 415-633-6441 natmryan@yahoo.com	Website: <a href="http://llnorcal.org/groups/brionesca">llnorcal.org/groups/brionesca</a>

### Contra Costa Health Plan Breastfeeding Support

For CCHP Members Only	1-877-661-6230 (Option 1) Website: <a href="http://cchealth.org/healthplan">cchealth.org/healthplan</a>	Lactation services for CCHP mothers with infants age 0-12 months. (self-referral)
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### Contra Costa Breastfeeding Warm-line

24-Hour Phone Access	1-866-878-7767 Press 1 - (Spanish) Press 2 - (English)	Serving any mother in Contra Costa County. Leave message with your name, phone number and breastfeeding concern
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## HOSPITALS

### John Muir Health

1601 Ygnacio Valley Rd. Walnut Creek, CA	925-941-7900 (Inquire about Breastfeeding and Prenatal Education)  925-952-2777 (Lactation Consultations)	Pregnancy, Breastfeeding and New Parent Resources  Website: <a href="http://Johnmuirhealth.com">Johnmuirhealth.com</a>
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### Contra Costa Regional Medical Center

2500 Alhambra Ave Martinez, CA	925-370-5000	Website: <a href="http://cchealth.org/medicalcenter/maternity-care.php">cchealth.org/medicalcenter/maternity-care.php</a>
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### Kaiser Permanente Newborn Care Centers

Pleasanton Medical Offices	925-847-5511	Website: <a href="http://kp.org/diablo/breastfeeding">kp.org/diablo/breastfeeding</a>
Antioch Medical Center	925-813-3879	
Walnut Creek Medical Center	925-295-5001	

### Sutter Delta Medical Center

3901 Lone Tree Way, Antioch, CA	For Breastfeeding advice: 925-779-7200 ext. 4206 Ask for: Jessica, Rachelle or Kim	Website: <a href="http://sutterhealth.org">sutterhealth.org</a>
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### San Ramon Regional Medical Center

6001 Norris Canyon Rd, San Ramon, CA	Family Birthing Center 925-275-8360	Website: <a href="http://sanramonmedctr.com">sanramonmedctr.com</a>
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### Alta Bates Summit Medical Center

2450 Ashby Ave. Berkeley	For Lactation Services 510-204-6546	Website: <a href="http://altabatesummit.org">altabatesummit.org</a>
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## OTHER BREASTFEEDING RESOURCES

### Breastfeeding Videos

Global Health Media Project	Website: <a href="http://globalhealthmedia.org/videos">globalhealthmedia.org/videos</a>	Free multi language videos showing current breastfeeding standards
Dr. Jane Morton	Website: <a href="http://firstdroplets.com">firstdroplets.com</a>	Breastfeeding visual teaching aids

### Online and Phone Breastfeeding Resources

California Breastfeeding Coalition	Website: <a href="http://californiabreastfeeding.org">californiabreastfeeding.org</a>	Community based breastfeeding coalition
La Leche League International	1-877-452-5324 Website: <a href="http://LLL.org">LLL.org</a>	Breastfeeding information in multiple languages
Kelly Mom	Website: <a href="http://KellyMom.com">KellyMom.com</a>	Breastfeeding website written by IBCLCs and supported by research
Infant Risk Center Dr. Thomas Hale	1-806-352-2519 Website: <a href="http://infantrisk.com">infantrisk.com</a>	Questions about OTC or prescription medications while pregnant or nursing
MotherToBaby	1-877-311-8972 Website: <a href="http://mothertobaby.org">mothertobaby.org</a>	Evidence based information on the safety of medications and other exposures during pregnancy and while breastfeeding
Drugs and Lactation Database (LactMed)	Website: <a href="http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm">toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</a>	Free online database with information on prescription medications while breastfeeding

### Breastfeeding and the California Law

Breastfeeding in Public	<b>California Civil Code Section 43.3</b> A mother may breastfeed her child in any location, public or private, where the mother and child are authorized to be.	Work and Family Helpline 1-800-880-8047  Website: <a href="http://legalaidthatwork.org">legalaidthatwork.org</a>
Breastfeeding and Work	<b>California Labor Code 1030-1034</b> Employers are required to provide breastfeeding employees: A reasonable amount of break time to express breastmilk. A private place other than a bathroom, to express breastmilk.	

### Human Breast Milk Donations

Mothers' Milk Bank	1-877-375-6645 Website: <a href="http://mothersmilk.org">mothersmilk.org</a>	Donate extra breast milk to help at-risk infants. OR Arrange for an infant to become a recipient of donor breast milk
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