## FREE LACTATION SUPPORT GROUPS & RESOURCES

<table>
<thead>
<tr>
<th>County-Wide Program</th>
<th>Meeting Day &amp; Time</th>
<th>Location</th>
<th>Phone, Website, Email</th>
<th>Languages Spoken</th>
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<tr>
<td>Santa Clara Valley Medical Center</td>
<td><strong>Coming soon</strong></td>
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| Santa Clara County Public Health Department Breastfeeding Support Line | **WIC families/New enrollment/Providers**  
Warm line  
M-F 8 am – 5 pm | Covers Santa Clara County | 408-794-0550  
BFWIC@phd.sccgov.org | English, Spanish, Vietnamese  
*We can call language services for additional preferred language* |
| Santa Clara County WIC Program | **Leave a voicemail**  
Will call back M-F | Covers Santa Clara County | 408-792-5101  
408-794-0530  
BFWIC@phd.sccgov.org | English, Spanish, Vietnamese |
| Nursing Mothers Counsel (Phone Support) | **Call to connect with counselor:**  
7 days a week,  
9AM to 9PM | Covers Santa Clara County & San Francisco Bay Area | 650-327-MILK (6455)  
www.nursingmothers.org | Cantonese, English, French, German, Hebrew, Hindi, Mandarin, Russian, Spanish |
| Nursing Mothers Counsel (Phone Support) | **Call to connect with counselor:**  
7 days a week,  
9AM to 9PM | Covers Santa Cruz County | 831-688-3954  
www.nursingmothers.org | English, German, Spanish |
| Dad’s Group Family Tree Wellness Virtual Group | **Third Thursday of every month 6 pm to 7 pm on Zoom** | Covers Santa Clara County | | English |

### Program by City

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| La Leche League Breastfeeding Support Group Campbell | **Now Virtual**  
2nd Tuesday of the month  
7PM – 8:30PM | Tiny Tots Boutique in the Meeting Room  
138 Railway Avenue  
Campbell, CA 95008 | 408-641-0138  
lllofgreateranjose@gmail.com  
http://lllnorcal.org/ | English |
| St. Louise Regional Hospital (Drop-In Support Group) Gilroy | **Now Virtual**  
Wednesdays  
10AM – 11AM | St. Louise Regional Hospital Maternity Unit, 2nd Floor  
9400 No Name Uno  
Gilroy, CA 95020 | Jana Tomasini, RN/IBCLC Lactation Consultant  
408-848-8663 / 408-482-1206  
jana.tomasini@hhs.sccgov.org | English/Spanish/Other languages (Encouraged to bring a translator if possible) |
| Hazel Hawkins Memorial Hospital Nursing Mother’s Support Group Hollister | **Now Virtual**  
Every Tuesday and Thursday  
10:30AM – 12PM | Hazel Hawkins Memorial Hospital Women’s Center, 2nd floor  
McCullough Resource Center  
911 Sunset Drive, Hollister, CA | Jana Tomasini, RN/IBCLC Lactation Consultant  
831-637-5711 ext. 3385  
jana.tomasini@hhs.sccgov.org  
https://www.hazelhawkins.com/patients-visitors/seminars-classes-support-groups/ | English |
| El Camino Hospital Breastfeeding Support Group Los Gatos | **Virtual Pending**  
Thursdays  
2PM – 3:30PM | The groups are for patients of El Camino & Los Gatos and Mt. View only. | 408-871-7479  
Call for virtual meeting updates | English |
| Lucile Packard Children’s Hospital Menlo Park | **All Virtual**  
Breastfeeding Support Group 0 to 6 months of age. Thursday afternoons  
2:30 to 3:30. | Community Classrooms  
4100 Bohannon Drive  
Menlo Park, CA | 650 724-4601  
http://www.stanfordchildrens.org/en/classes | English, Spanish |
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<td>Casa Natal Birth Center Breastfeeding Support Group</td>
<td>Every Friday of the month 10:30AM – 12PM</td>
<td>Casa Natal Birth Center 50 West Main Avenue, Suite C Morgan Hill, CA 95037</td>
<td>408-778-7583 Emily @ casa-natal.com</td>
<td>English</td>
</tr>
<tr>
<td>CompreCare WIC (Call) San Jose</td>
<td>Monday – Saturday 8AM – 5:30PM</td>
<td>CompreCare Health Center 3030 Alum Rock Avenue San Jose, CA 95127</td>
<td>408-254-5197</td>
<td>English, Spanish, Vietnamese</td>
</tr>
<tr>
<td>Gardner WIC San Jose (Call)</td>
<td>Monday – Friday 8AM – 5:30PM</td>
<td>Centro de Bienestar 160 East Virginia Street San Jose, CA 95112</td>
<td>408-254-5197</td>
<td>English, Spanish, Vietnamese</td>
</tr>
<tr>
<td>Indian Health Center WIC San Jose (Call)</td>
<td>Monday – Friday 8AM – 5PM,</td>
<td>San Jose Site 1685 Westwood Dr., Suite 4 San Jose, CA 95125</td>
<td>408-960-0900</td>
<td>English, Spanish, Vietnamese</td>
</tr>
<tr>
<td>Indian Health Center WIC San Jose (Call)</td>
<td>Monday – Friday 8AM – 4:30PM</td>
<td>Silver Creek Site 1642 East Capitol Expressway San Jose, CA 95121</td>
<td>408-960-0900</td>
<td>English, Spanish, Vietnamese</td>
</tr>
<tr>
<td>La Leche League Breastfeeding Support Group San Jose Now Virtual</td>
<td>1st Thursday of the month 10:30AM – 12PM</td>
<td>San Jose Public Library Rose Garden Branch Community Room 1580 Naglee Ave San Jose, CA 95126</td>
<td>408-641-0138 <a href="mailto:llofgreatersanjose@gmail.com">llofgreatersanjose@gmail.com</a> <a href="http://llnorcal.org/">http://llnorcal.org/</a></td>
<td>English</td>
</tr>
<tr>
<td>La Leche League Breastfeeding Support Group San Jose Now Virtual</td>
<td>4th Monday of the month 10AM – 11AM</td>
<td>Central Park Library - Edinger Room 2635 Homestead Road Santa Clara, California 95051</td>
<td>408-641-0138 <a href="mailto:llofgreatersanjose@gmail.com">llofgreatersanjose@gmail.com</a> <a href="http://llnorcal.org/">http://llnorcal.org/</a></td>
<td>English</td>
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<tr>
<td>Nursing Mothers Counsel (Drop-in Support Group) San Jose</td>
<td>3rd Saturday of the month 10:30AM - 1PM</td>
<td>Tiny Tots Boutique in the Meeting Room 138 Railway Avenue, Campbell, CA 95008</td>
<td><a href="https://www.nursingmothers.org/events">https://www.nursingmothers.org/events</a></td>
<td>English</td>
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## Website

| BABI - Bay Area Birth Information | http://bayareabirthinfo.org/ |
| La Leche League meetings (for California) | http://llnorcal.org/groups/ |
| Nursing Mothers Counsel (NMC) | https://www.nursingmothers.org/ |
| Supporting Mamas | http://supportingmamas.org/support-groups/ |
| Dad’s Group | www.familytreewellness.org |

Revised: 10/2020

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Santa Clara County Public Health

Santa Clara Valley Medical Center Hospital & Clinics

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