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.

Contra Costa Health Services (Advice Nurse)
For all Contra Costa County Residents
Call: 1-877-661-6230 (Option 1)
Website: cchealth.org/advice-nurse.php
24-hour assistance in obtaining breastfeeding support or health services.

General COVID-19 Resources
California Department of Public Health (CDPH)
Website: CDPH.ca.gov
Guidance for pregnant and/or breastfeeding women during the COVID-19 pandemic

Call and apply for WIC at 1-800-414-4WIC
Website: cchealth.org/wic
Follow us on Instagram: contracostawic
Free Breastfeeding Support Services:

- **Brentwood WIC Program**
  - 2535 Stanwell Circle, Brentwood, CA 925-646-5707
  - Lactation Club 925-646-5534
  - WIC Website: cchealth.org/wic

- **San Pablo WIC Program**
  - 925 Gateway Avenue, San Pablo, CA 925-646-5534
  - WIC Website: cchealth.org/wic

- **Pittsburg WIC Program**
  - 2311 Loveridge Rd, Pittsburg, CA 925-646-5534

- **Concord WIC Program**
  - 301 Gateway Avenue, Concord, CA 925-646-5534

WIC Online:

- **Prenatal Education Series**
  - wichealth.org

WIC Instagram Page:

- contracostawic

Local Chapters of La Leche League-LLL:

- **La Leche League of Contra Costa County**
  - Antioch: Mary Marine 925-550-6459
  - Napa: Natalie 415-633-6441

- **La Leche League, Briones**
  - Shannon ShannonLaLeche@gmail.com

- **La Leche League, Brentwood**
  - Tricia 510-942-4017

Contra Costa Health Plan Breastfeeding Support:

- **For CCHP Members Only**
  - 1-877-661-6230 (Opinion 1)

Contra Costa Breastfeeding Warm-line:

- **24-Hour Phone Access**
  - 1-866-878-7767

HOSPITALS:

- **John Muir Health**
  - 1601 Ygnacio Valley Rd, Walnut Creek, CA 925-941-7900
  - WIC Website: cchealth.org/wic

Contra Costa Regional Medical Center

- **Kaiser Permanente Newborn Care Centers**
  - Pleasanton Medical Offices 925-847-5511
  - Antioch Medical Center 925-813-3879
  - Walnut Creek Medical Center 925-295-5001
  - WIC Website: kp.org/diablo/breastfeeding

Sutter Delta Medical Center

- **3901 Lone Tree Way, Antioch, CA**
  - For Breastfeeding advice: 925-770-7200 ext. 4206
  - Ask for: Jessica, Rachelle or Kim
  - WIC Website: sutterhealth.org

San Ramon Regional Medical Center

- **6001 Norris Canyon Rd, San Ramon, CA**
  - Family Birthing Center 925-275-6393
  - WIC Website: sanramonmedcr.com

Alta Bates Summit Medical Center

- **2450 Ashby Ave, Berkeley**
  - For Lactation Services 510-204-6546
  - WIC Website: altabatessummit.org

OTHER BREASTFEEDING RESOURCES:

- **Breastfeeding Videos**
  - Global Health Media Project: globalhealthmedia.org/videos

- **Online and Phone Breastfeeding Resources**
  - California Breastfeeding Coalition: californiabreastfeeding.org
  - La Leche League International: 1-877-452-5324
  - Kelly Mom: 1-806-352-2519
  - Infant Risk Center Dr. Thomas Hale: 1-877-311-8972

- **Breastfeeding and the California Law**
  - Breastfeeding in Public: California Civil Code Section 43.3

- **Breastfeeding and Work**
  - California Labor Code 1030-1034

- **Human Breast Milk Donations**
  - Mothers’ Milk Bank: 1-877-375-6645

- **Dr. Jane Morton**
  - Website: firstdoopets.com

- **Free multi language videos showing current breastfeeding standards**
  - Photo Credit: (c) 2018 Coffective, LLC

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