

# Contra Costa County Breastfeeding Resource Guide



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 babies and children up to age 5, pregnant women, and new mothers. Dads, grandparents, foster and adoptive parents of young children, migrant workers and working families are welcome at WIC!

Call and apply for WIC at **1-800-414-4WIC**  
[cchealth.org/wic](http://cchealth.org/wic)



Updated: January 2019



General Information & Referral Services		
24-Hour Phone Access	211	Information on food, housing, health insurance and other resources.
Breastfeeding and The California Law		
Breastfeeding in Public	Work and Family Helpline 1-800-880-8047	California Civil Code Section 43.3 A mother may breastfeed her child in any location, public or private, where the mother and child are authorized to be.
Breastfeeding and Work	Work and Family Helpline 1-800-880-8047	California Labor Code 1030-1031 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.
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.
Breastfeeding Online and Phone Resources		
Office on Women's Health	National Breastfeeding Helpline: 1-800-994-9662 womenshealth.gov/breastfeeding womenshealth.gov/itsonlynatural	The Helpline is open from Monday through Friday, 9 a.m. to 6 p.m. ET.
Kelly Mom	KellyMom.com	Breastfeeding website written by IBCLCs and supported by research.
Drugs and Lactation Database (LactMed)	toxnet.nlm.nih.gov/newtoxnet/lactmed.htm	Free online database with information on prescription medications while breastfeeding.
Infant Risk Center	1-806-352-2519 www.infantrisk.com	Questions about OTC or prescription medications while pregnant or nursing  Help line hours: Mon- Fri 5 a.m. – 2 p.m. PT.
La Leche League International	www.llli.org	Breastfeeding information in multiple languages.
WIC Mobile	m.wic.ca.gov	Find your local WIC office, WIC grocer, your WIC appointment, the WIC Food List/Shopping Guide and much more!
MotherToBaby	1-877-311-8972 mothertobaby.org	Evidence based information on the safety of medications and other exposures during pregnancy and while breastfeeding
Breastfeeding Videos		
Global Health Media Project	globalhealthmedia.org/videos	Free multi language videos showing current breastfeeding standards.
Stanford Breastfeeding Videos	med.stanford.edu/newborns/profesional-education/breastfeeding.html	Dr. Jane Morton breastfeeding visual teaching aids.

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**WIC Breastfeeding Support Groups (free & open to public)**

Concord WIC Program 2355 Stanwell Circle, Concord	The Lactation Club 925-646-5534 For breastfeeding moms, pregnant, new parents & new grandparents.	3rd Monday 9:30 a.m. (English) 3rd Monday 1:30 p.m. (Spanish)  2nd Thursday 9:30 a.m. (Spanish) 2nd Thursday 1:30 p.m. (English) Walk-ins Welcome!
Pittsburg WIC Program 2311 Loveridge Rd, Pittsburg	Mommy to Mommy Breastfeeding Support 925-431-2465	2nd Monday 9:30-11:30 a.m. (Spanish) 2nd Monday 1:30-3:30 p.m. (English)
San Pablo WIC Program 501 Gateway Avenue San Pablo	Mommy to Mommy Breastfeeding Support 510-942-4023 (English) Mommy to Mommy Breastfeeding Support 510-942-4017 (Spanish)	1st Tuesday 9:30-11:30 a.m. (Spanish) 1st Tuesday 1-3 p.m. (English)

**WIC Breastfeeding & Nutrition Classes**

San Pablo	510-942-4000	Call for schedule (English/Spanish) (free & open to public)
Concord	925-646-5370	
Pittsburg	925-431-2460	
Brentwood	925-513-6880	

**Family, Maternal & Child Health (FMCH)  
Home Visiting & Support Group Programs**

Contra Costa County Public Health	Call 925-313-6254 (self-referral)	Black Infant Health Program Guiding Healthy Families Nurse-Family Partnership Adolescent Family Life Program
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**John Muir Women's Health Center (Free & Fee-Based)**

Walnut Creek Medical Center	925-941-7900 (Breastfeeding and Prenatal Classes)  925-952-2777 (Lactation Consultations and Breastfeeding Support Groups)	Breastfeeding Childbirth, & Newborn Care Classes  Breastfeeding Support Groups and Lactation Consultations  Website: Johnmuirhealth.com
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**Kaiser Permanente Newborn Care Centers**

Pleasanton Medical Offices	925-847-5511	Kaiser Breastfeeding Support Groups:  Wednesdays 10 a.m. to 12 p.m.  Antioch Medical Center: Deer Valley Conference Room  Pleasanton Medical Offices: Conference Room C  Walnut Creek Medical Center: Newborn Care Center  Groups are free for members and no registration/reservation is needed  Diablo Breastfeeding Website: kp.org/diablo/breastfeeding
Antioch Medical Center	925-813-3879	
Walnut Creek Medical Center	925-295-5001	

**Sutter Delta Medical Center (Fee-Based)**

3901 Lone Tree Way, Antioch, CA	Class Registration and Hospital Tours: Call: 925-779-7230  For Breastfeeding advice: Call: 925-779-7200 ext. 4206 Ask for: Jessica, Rachelle or Kim	Ready, Set, Deliver Classes (1 or 2-day classes)  Prenatal Breastfeeding Class \$25.00
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**Alta Bates Summit Medical Center (Free & Fee Based)**

2450 Ashby Ave., Lactation Department 1st Floor	For Lactation Services Call: 510-204-6546  Website: altabatesummit.org	Breastfeeding Support Group Tuesday and Friday 1:30 - 3 p.m.  New Parent Support Group Thursdays 9:30 - 11 a.m. (6 -12 months) Thursdays 11:30 - 1 p.m. (0-6 months)
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**San Ramon Regional Medical Center (Free)**

6001 Norris Canyon Rd, San Ramon, CA	Family Birthing Center Call: 925-275-8360	Mommy and Me Support Group Every Tuesday 10 a.m. -12 p.m.
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**Contra Costa Health Services (Advice Nurse)**

For all Contra Costa County Residents	Call: 1-800-696-9644	24-hour assistance in obtaining breastfeeding support or health services.
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**Contra Costa Regional Medical Center Doula Program**

Hearts & Hands Volunteer Doula Program	cchealth.org/doula	No cost, on request, Doula support for pregnant women and families during labor, birth and recovery.
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**Contra Costa Health Plan (Lactation Home Visits)**

For CCHP Members Only	Call: 1-877-661-6230 (Option 1)	In-home lactation services for CCHP mothers with infants age 0-12 months.
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**La Leche League-LLL (Free)**

La Leche League, Antioch	Antioch: Mary Marine 925-550-6459 marinellecc@gmail.com	Website: llnocal.org/groups/eastcontracostacountyca
La Leche League, Briones Meets at: Pleasant Hill Library 1750 Oak Park Blvd. Pleasant Hill, 94523	Shannon ShannonLaLeche@gmail.com  Brianna Call: 585-466-4603 brianna.westover@me.com	1st Saturday of every month 10:30 a.m. - 12 p.m. Website: llnocal.org/groups/brionesca

**Human Breast Milk Donations**

Mothers' Milk Bank	Call: 1-877-375-6645 Website: www.mothersmilk.org	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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