Breastfeeding Support Groups

Breastfeeding support and information for pregnant women as well as new parents and babies

You do not have to be on the WIC Program to come.
Please call to confirm location!

Pittsburg—Antioch—Brentwood—Oakley

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| **La Leche League**
*Mary (925)754-1284
*Julie (925)757-6767 |
3rd Friday of every month |
English 10:00 AM | First 5- downtown Antioch
Call Mary for date and time (925) 550-6459 |
| **WIC Breastfeeding Support Group**
*Claudia (925) 431-2465
*Liza (925)431-2467 |
2nd Monday of every month |
Spanish 9:30 AM-11:30 AM
English 1:30 PM-3:30 PM | Pittsburg Health Center
2311 Loveridge Rd
Pittsburg, CA 94565 |
| **Lactation Lounge Mommy Group** |
3rd Wednesday of every month |
English 5-7PM | Pittsburg Health Center
Cypress Room
2311 Loveridge Rd
Pittsburg, CA 94565 |

Concord—Walnut Creek—Pleasant Hill—Martinez—Lafayette

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| **La Leche League**
*Anuta (925) 818-4355 |
3rd Wednesday of every month |
English 3:00 PM | Bloom Retreat
1444 South Main St
Walnut Creek, CA 94596 |
| **WIC Lactation Club**
WIC Club De Lactancia
*Araceli (925)646-5534 |
2nd Thursday of every month |
Spanish 9:00 AM-11:30 AM
English 1:30 PM-3:30 PM | Concord WIC Office
2355 Stanwell Circle
Concord, CA 94520 |

Danville—San Ramon—Alamo

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| **La Leche League**
*Maggie (510) 703-4636 |
4th Tuesday of every month |
English 10:00 AM | San Ramon Medical Center
600 Norris Canyon Rd
San Ramon.
(Use South/Family Birthing Center entrance, meets in Blackhawk A room) |

Richmond—Pinole

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| **Bay Area Breastfeeding Support**
*Serena (510)612-4000 |
2nd Friday of every month |
English 4:30-6 PM | 880 Tenant Avenue
Alex Clark Room-
bottom floor of Police Department |

Breastfeeding Warm Line Services 1-866-878-776 (available in Spanish and English, calls are returned in 24 hours)