New Parent Resources

2-1-1 Contra Costa
Information on food, housing, health insurance, mental health & immigration; available 24/7

Dial 211
211ccc.org

National Maternal Mental Health Hotline
24/7, free, confidential hotline for pregnant & new families in Spanish & English

call or text
1-833-943-5746
bit.ly/HRSA-Hotline

Family, Maternal, & Child Health
Black Infant Health, Nurse-Family Partnership, Perinatal Equity Initiative, Prenatal Care Guidance, & Sudden Infant Death Syndrome (SIDS) Programs

Monday - Friday
9 am - 5 pm
1-925-313-6254
cchealth.org/fmch

Doula Programs
No cost doula support for pregnant individuals during labor, birth, & recovery

CCRMC Doulas
1-925-370-5000
bit.ly/CCRMC_Doula

CoCo Doulas
1-510-232-5812
bit.ly/CoCo_Doulas

Healthy Start
Prenatal care & education at Contra Costa’s health centers & clinics

Martinez:
1-925-370-5495
bit.ly/CCRMC_Healthy_Start

Pittsburg:
1-925-431-2345

West County:
1-510-231-9469

Planned Parenthood Clinics
Prenatal care & education

Antioch:
1-925-754-4550

Concord:
1-925-676-0300

Hilltop Richmond:
1-510-222-5200

PlannedParenthood.org

Contra Costa WIC
Open Monday through Friday
8:00 am - 4:30 p.m.

Brentwood
925-513-6880
171 Sand Creek Rd
Ste A

Concord
925-655-1700
2731 Systron Dr.
Suite 200

Pittsburg
925-431-2460
2311 Loveridge Rd

San Pablo
510-942-4000
501 Gateway Ave

Apply Online or By Phone

cchealth.org/WIC
1-800-414-4WIC

Follow us on social media!

@ContraCostaWIC

WIC Supports Families With Breastfeeding/Infant Feeding Nutrition Education Electronic Food Benefits Referrals to Healthcare and Other Community Services

WIC serves pregnant individuals, new parents, grandparents, foster & adoptive parents with children up to age 5. Migrant workers & working families are welcome at WIC

Contra Costa County’s Breastfeeding Resource Guide

Contra Costa WIC
Open Monday through Friday
8:00 am - 4:30 p.m.

Brentwood
925-513-6880
171 Sand Creek Rd
Ste A

Concord
925-655-1700
2731 Systron Dr.
Suite 200

Pittsburg
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Breastfeeding Support

Contra Costa Health Services Advice Nurse
24 Hour assistance in obtaining breastfeeding support or health services
1-877-661-6230 option 1
bit.ly/CCHP_Advice_Nurse

Contra Costa Health Plan
Self-Referral Lactation Services for CCHP members with infants ages 0-12 months
(877) 661-6230 option 1
bit.ly/CCHP_Breastfeeding
"Available only to CCHP members"

Helplines

Contra Costa Warm Line
(866) 878-7767
1 for Spanish
2 for English
Leave a message with your name, phone number, and breastfeeding concern. Calls will be returned within 24 hours.
bit.ly/OASH_Breastfeeding

La Leche League

Pittsburg & Antioch
contact: marinelli@gmail.com
bit.ly/LLL_Pittsburg-Antioch

Briones
contact: 510-289-5807 (Erin)
415-633-6441 (Natalie)
bit.ly/LLL_Briones

Find a Lactation Consultant


Breastmilk Bank
To become a recipient of donated breastmilk or to donate breastmilk
Monday through Friday
8 am - 4:30 p.m.
1-877-375-6645
MothersMilk.org

Local Hospitals

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Contact</th>
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<tbody>
<tr>
<td>Contra Costa Regional Medical Center</td>
<td></td>
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<tr>
<td>2500 Alhambra Ave, Martinez, CA</td>
<td></td>
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<tr>
<td>925-370-5000 (Main Line)</td>
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<tr>
<td>925-370-5608 Labor &amp; Delivery</td>
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</tbody>
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| John Muir Health |
| 1601 Ygnacio Valley Rd, Walnut Creek, CA |
| 925-941-7900 Breastfeeding & Prenatal Education: |
| 925-952-2777 Breastfeeding Support: |
| JohnMuirHealth.com/breastfeeding |

| Kaiser Antioch Medical Center |
| 4501 Sand Creek Rd, Antioch, CA |
| 925-813-3879 |

| Kaiser Walnut Creek Medical Center |
| 1425 S Main St, Walnut Creek, CA |
| 925-295-5001 |

| San Ramon Regional Medical Center |
| 6001 Norris Canyon Rd, San Ramon, CA |
| 925-275-9200 |

| Sutter Delta Medical Center |
| 3901 Lone Tree Way, Antioch, CA |
| 925-779-7200 |

| Sutter Alta Bates Summit Medical Center |
| 2450 Ashley Ave, Berkeley, CA |
| 510-204-6546 |

Other Resources

Videos & Visual Aids:
GlobalHealthMedia.org
FirstDroplets.com

Articles:
bit.ly/Work_and_Family_Legal_Aid
bit.ly/CDPH_Breastfeeding_Laws
CaliforniaBreastfeeding.org

Legal Information About Breastfeeding in California
bit.ly/Work_and_Family_Legal_Aid
bit.ly/CDPH_Breastfeeding_Laws
CaliforniaBreastfeeding.org

Did you know?
California has laws in place that protect breastfeeding individuals

Legal Information About Breastfeeding in California

Did you know?
The Affordable Care Act requires most insurance plans to cover costs of breast pumps

Medications & Breastfeeding

InfantRisk.com/forum/
MothersToBaby.org/fact-sheets/
bit.ly/NIH_LactMed_Database

Helplines:

Breastfeeding Support

Contra Costa Warm Line
(866) 878-7767
1 for Spanish
2 for English
Leave a message with your name, phone number, and breastfeeding concern. Calls will be returned within 24 hours.
bit.ly/OASH_Breastfeeding

Did you know?
Some medications can be transferred to breastmilk and may be harmful to your baby

Other Resources

Find a Lactation Consultant


Breast Pumps

Please contact your healthcare provider to order your free breast pump