Promote, support and protect breastfeeding through education, outreach, and collaboration within our community.

We envision a community where breastfeeding is the norm and where families are supported and empowered to achieve their breastfeeding goals.
**Hospitals**

**Fairview Lakes Medical Center**
The Birthplace-Wyoming
Birthplace Unit: 651-982-7910
Lactation Services: 651-982-7864
- IBCLC* & lactation specialists available for telephone consultation, in-hospital support and by appointment.
- In-home lactation care through Fairview Home Care Services.
- Breastfeeding class: Register 612-672-7272
- Medela supplies available in the pharmacy 651-982-7500

**HealthEast**
Woodwinds-Woodbury
651-232-3147
- IBCLC & lactation specialists available for telephone consultation, in-hospital support and by appointment.
- Medela supplies available
- New Parent Connections Support Group

**Lakeview Hospital**
Birth Center, Stillwater
651-439-5330
- Baby Café open weekly. For more information please call (651) 430-4510.
- Lactation specialists and counselors available for telephone consultation, in-hospital support and by appointment.
- Breastfeeding Class: Register 651-430-4510

*International Board Certified Lactation Consultant

**Public Health**

**Washington County Department of Public Health and Environment**
Staff is available to provide assistance to organizations interested in promotion and support of breastfeeding friendly practices. 651-430-6655

**Women, Infants, and Children (WIC)**
Provides breastfeeding support and counseling, education and referrals.
IBCLC & lactation specialists on staff
Monthly breastfeeding classes offered in: Stillwater, Cottage Grove & Forest Lake Clinics. 651-430-6658

**Family Health Home Visiting**
Public Health Nurses provide home visits during pregnancy or after the baby is born to assist families with reaching breastfeeding goals. IBCLC on staff. 651-430-6655

**Additional Resources**

**HealthEast Care Connection**
Call with questions or to schedule an appointment. 651-326-CARE (2273)

**Minnesota Breastfeeding Information Line**
Connect to breastfeeding resources 24 hours a day, 7 days a week. 1-877-214-BABY (2229)—toll free

**National Breastfeeding Help Line**
Trained breastfeeding peer counselors can help answer common breastfeeding questions by phone. Monday—Friday 8am-5pm: Spanish/English 800-994-9662 888-220-5446 TDD

**The Mother Baby Centers of Allina Health & Children’s Minnesota**
Resource Centers + Breastfeeding Support Groups offered at several locations. United Hospital, St. Paul 651-241-6290 www.allinahealth.org

**Regions Hospital Lactation Support Center**

**Pregnancy and Postpartum Mental Health Support**
612-787-7776 http://www.ppsupportmn.org/

**La Leche League**
Information, education, and breastfeeding support.
www.llli.org

Local groups offer phone help and monthly meetings.

**Referral Line** 612-922-4996

La Leche League: South Washington County
www.lllofmndas.org/south-washington-county.html

You may be able to get help with breastfeeding at no cost. Check with your insurance. www.healthcare.gov/coverage/