

## **Breastfeeding**

**La Leche League:** 303-779-6722 or 1-800-525-3243

[www.la lecheleague.org](http://www.la lecheleague.org); <http://www.llusa.org/locator/colorado/>

Free support, resources and advice, monthly meetings, breast pump rentals

### **LAKEWOOD AREA:**

Monthly meetings on the first and third Friday of the month at 10 AM at:

Bear Valley Church

10001 W Jewell Ave Lakewood, CO 80232

### **WHEATRIDGE AREA:**

Meetings are held the third Monday of each month at 7:30 PM. Call a Leader (see below) for meeting location:

- La Leche League Leaders are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns.
  - Dorolyn 303-477-4125
  - Gina 720-319-0135
  - Ginny 720-355-4508

### **NORTH METRO DENVER AREA:**

Meetings are held every third Tuesday of the month from 7:00 pm - 9:00 pm at 7695 W. 59th Ave. Arvada, Colorado 80004 Meetings are free and children are welcome.

**Lactation Program:** 303-320-2072 or <http://www.rosemed.com/>

- 4567 E. 9<sup>th</sup> Ave., Denver 80220; Located at Rose Medical Center.
- Lactation Support Group: This group meets every Monday from 1 - 2 p.m. in 4500 E. 9th Ave., Goodstein Conference Room 3.
- Post partem groups starting soon
- Infant sleep groups every Friday at 1pm
- To come to a meeting for helpful tips and conversation with our Lactation Nurse Consultant and other new moms, call 303-320-2072.

**The Mama'hood:** 303.643.5662

- 2902 Zuni Street, Denver, CO 80211
- Breast Feeding Support Group
- Call 303-887-9161 For private consultation
- M-T-Th-Sat @ 1pm
- This group is for expectant mothers and breastfeeding mothers and babies. Weekly topics are related to breastfeeding and mothers are encouraged to ask questions and share their experiences. A scale to weigh your baby on will be provided. A single drop in is \$16 or \$70 for the 5 session card or \$130 for a 10 session card or you can be a monthly member for \$100 per month

**Medela Inc.:** 1-800-435-8316

- pump rental stations
- <http://www.medelabreastfeedingus.com>
- Search for location of product retailers, educational classes, and other resources online at <http://www.medelabreastfeedingus.com/bnn>



**Mother's Milk Bank (Regional) Donors/Recipients:**

- 303-869-1888 or 877-458-5503 toll-free or <http://www.rmchildren.org/programs/milkbankcolorado/>

**Bosom Buddies, Inc.:** 720-482-0109 or <http://www.bosombuddies.com/>

- Westminster Store: 5684 W. 88th Avenue, Westminster Colorado 80031
- Lone Tree Store: 8331-C S. Willow Street, Lone Tree Colorado 80124)
- Breast pump rentals and sales. Education & consultations. Bras, nursing tops and pajamas up to 50J. Call for hours and directions.

**Sweet Beginnings:** 303-317-5795 or <http://www.oursweetbeginnings.com/>

- 5661 South Curtice St., Littleton, CO
- **Breastfeeding Support Group:** Free classes offered every Friday from 1:30pm-2:30pm at Mountain Midwifery Center 3535 S Lafayette St #100, Englewood, CO 80113
- Topics: varies upon mommy discussion

**Swedish Medical Center/ Family Care Unit:** 303-788-6500 or <http://www.swedishhospital.com>

- 501 E Hampden Avenue, Englewood, CO 80113
- New Baby Breastfeeding Support Group is offered at no charge for first 6 weeks every Wednesday at 10 a.m, go to information desk to find out where the classes will be held, as the location in the building varies. Please [register online now](#) or call 1-866-7SWEDISH

**Women, Infants, and Children (WIC):** 303-239-7078

Jefferson County Department of Health and Environment

260 S. Kipling, Lakewood, CO 80226-1086

- Nutritional services, including supplemental foods and nutrition education/ counseling for pregnant women, post-partum women, and children up to the age of 5 years.
- Developmental screenings.
- Referrals to other health and social service agencies.

Colorado Information Line: 303-692-2400

Arvada Office: 303-275-5780

Edgewater Office: 303-271-5781

**Jefferson County Public Health:** [www.jeffco.us/public-health](http://www.jeffco.us/public-health)

645 Parfet St. Lakewood, 80215

Nutrition Services: 303-239-7143

- Nutrition education and counseling
- Breast feeding classes and resources
- WIC program
- Nutrition services for children with special needs.

