



Breastfeeding Resources Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Mothers' Milk Bank's Baby Café – Rocky Mountain Children's Health Foundation

303-869-1888

5394 Marshall St, Arvada, CO 80004

<https://rmchildren.org/mothers-milk-bank/>

- Provides donor human milk for families, working with premature babies, families struggling with breastfeeding, adoption, and surrogate families.
- Provides lactation support and financial assistance
- All milk donors are screened, undergo blood testing, and have medical histories confirmed by PCP. All milk is pasteurized and goes through extensive testing.
- Call ahead to schedule a time to pick up donor milk

Colorado Birth & Wellness

720-802-0339

8111 E Lowry Blvd, Suite 230, Denver, CO 80230

<https://www.coloradobirthandwellness.com/lactation-denver>

- Feeding group available for all community members, to support with breastfeeding, bottle feeding, pumping and connecting with other families
- Every Wednesday at 10am at main location

Baby Café – Jewish Community Center

303-399-2660

350 S Dahlia St, Denver, Co 80246 – Wolf Room

<https://www.jccdenver.org/communities/prenatal-infants/postnatal/>

- Offers a place where new and expecting parents can gather weekly to support one another on their breastfeeding journey while receiving guidance and tips from a breastfeeding specialist. Provides breastfeeding pillows
- Provides additional support for parenthood, nutrition, babywearing, sleep routines, back to work, etc.
- Wednesdays from 10:00 am to 11:30 am | Cost: Free

La Leche League of Colorado and Wyoming

303-779-6722 | Cost: Free

<https://www.llcoloradowyoming.org/>

- La Leche League of Lakewood: 720-443-2823
 - Website: www.llloflakewoodcolorado.org
 - Meets at 10 am on the first Friday of the month 10001 W. Jewell Ave
- Provides information, support, encouragement and community to anyone to breastfeed, pump or combination feed.

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- 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.

Jefferson County Public Health

<https://www.jeffco.us/2193/Breastfeeding>

- Baby Café: New and expecting parents can gather to support breastfeeding journey
 - Contact: Kelsey Rivera – 720-705-8012
 - Locations:
 - Mothers' Milk Bank Baby Café JeffCo
 - Every Monday at Belmar Library
- Free Prenatal Breastfeeding Classes
 - Zoom classes held the 3rd Thursday of every month for 90 minutes
 - Information also provided Spanish
 - Call Kelsey Rivera: 720-705-8012

Women, Infants, and Children (WIC):

303-271-5780

Offices in Arvada, Evergreen, Lakewood, Littleton and Wheat Ridge

<https://www.jeffco.us/2173/Women-Infants-Children-WIC>

- 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 and health screenings, breastfeeding support
- Referrals to other health and social service agencies.

Breastfeeding Support Group – Intermountain Health (formerly Lutheran Medical Center)

303-425-2286

Lactation Center, see website for additional class times

Lutheran Medical Center Women's Education Center Classrooms 2nd Floor North Pavilion

8300 West 38th Avenue (Main Hospital - Entrance #2)

2nd Floor North, Wheat Ridge, CO 80033

<https://intermountainhealthcare.org/services/womens-health/childbirth-education-classes>

- Understanding Breastfeeding eClass: Online comprehensive breastfeeding class
 - women.secretary@imail.org | 303-425-2229 | Cost: \$40 for 270 day access
- Live Breastfeeding class
 - Services offered virtually for a 2 hour class
 - childbirthclasses@imail.org | 801-387-4010 | Cost: \$15
 - See website for class dates/times:
- Nursing Support Group
 - Drop-in class for breastfeeding parents with babies over 2 weeks of age
 - Wednesday mornings 9am – 10:30am, Connecting Mamas class from 10:30am – 11:30am
 - Womens.secretary@imail.org | 303-425-2286 | Cost: Free, no registration needed
 - Location: North Pavilion, valet parking available

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Colorado Breastfeeding Coalition

<https://cobfc.org/>

- Information and resources in the Colorado area for breastfeeding parents.

The Mama'hood:

303-726-2612 | info@themamahood.com

3020 Clayton St., Denver, CO 80205

<http://www.themamahood.com>

- Offers a variety of classes and groups for mothers.
- Prices and schedule of classes/groups available online.
- Offers pump and scale rentals, donor milk, breastfeeding group, and more

University of Colorado OB-GYN

720-848-1741 – Contact: Karen Cloud

Anschutz Outpatient Pavilion – 3rd Floor

<https://obgyn.coloradowomenshealth.com/services/pregnancy/pregnancy-parenting-classes>

- Offers a weekly Breastfeeding support group for free from 1:30 pm to 2:45 pm.
- Additional classes also available

Children's Hospital – Breastfeeding Management Clinic

720-777-3605

860 N Potomac Circle, Aurora, CO (offers services at locations in Uptown Denver and Highlands Ranch too)

<https://www.childrenscolorado.org/doctors-and-departments/departments/primary-care/breastfeeding-management-clinic/>

- Offers support for breastfeeding challenges for baby and family.
- Services are provided by a “Trifecta team” – a pediatrician with breastfeeding expertise, a lactation consultant, and a psychologist.

Medela Inc.: 1-800-435-8316

- pump rental stations
<https://www.medela.us/breastfeeding/breastfeeding-support/breast-pump-rental>
- Search for location of product retailers, educational classes, and other resources online at
<https://www.medela.us/breastfeeding/location-finder>

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

303-869-1888

<https://milkbank.rmchildren.org>

Bosom Buddies, Inc.

720-482-0109

<http://www.bosombuddies.com/>

- Breast pump rentals and sales. Education & consultations. Bras, nursing tops and pajamas up to 50J. See online for pump rental information

Sweet Beginnings

303-317-5795

<http://www.oursweetbeginnings.com/>

- Breast pump rentals