

FREE LACTATION SUPPORT GROUPS & RESOURCES

County-Wide Program	Meeting Day & Time	Location	Phone, Website, Email	Languages Spoken
Santa Clara Valley Medical Center (Drop-In Support Group)	Thursdays 11AM – 12PM	VHC Bascom 750 S. Bascom Ave, Suite 140 San Jose, CA 95128	Ambulatory Health Education Department (AHED) 408-885-5436 www.scvmc.org/ahed	English, Spanish
Santa Clara County Public Health Department Breastfeeding Support Line	Call support line	Covers Santa Clara County	408-885-5950 https://www.sccgov.org/sites/phd/hi/pbp/Pages/breastfeeding.aspx	English (Spanish, Vietnamese, Mandarin, and Cantonese speaking staff available to help with questions)
Santa Clara County WIC Program	Leave a voicemail Will call back M-F	Covers Santa Clara County	408-792-5101 408-794-0550 BFWIC@phd.sccgov.org	English, Spanish, Vietnamese
Nursing Mothers Counsel (Phone Support)	Call to connect with counselor: 7 days a week, 9AM to 9PM	Covers Santa Clara County & San Francisco Bay Area	650-327-MILK (6455) www.nursingmothers.org	Cantonese, English, French, German, Hebrew, Hindi, Mandarin, Russian, Spanish
Nursing Mothers Counsel (Phone Support)	Call to connect with counselor: 7 days a week, 9AM to 9PM	Covers Santa Cruz County	831-688-3954 www.nursingmothers.org	English, German, Spanish

Program by City	Meeting Day & Time	Location	Phone, Website, Email	Languages Spoken
La Leche League Breastfeeding Support Group Campbell	2 nd Tuesday of the month 7PM – 8:30PM	Tiny Tots Boutique in the Meeting Room 138 Railway Avenue Campbell, CA 95008	408-641-0138 llofgreatersanjoase@gmail.com http://l1lnorcal.org/groups/sanjoseca/	English
St. Louise Regional Hospital (Drop-In Support Group) Gilroy	Wednesdays 10AM – 11AM	St. Louise Regional Hospital Maternity Unit, 2nd Floor 9400 No Name Uno Gilroy, CA 95020	Jana Tomasini, RN/IBCLC Lactation Consultant 408-848-8663 / 408-482-1206 jana.tomasini@hhs.sccgov.org	English/Spanish/Other languages (Encouraged to bring a translator if possible)
Hazel Hawkins Memorial Hospital Nursing Mother's Support Group Hollister	Every Tuesday and Thursday 10:30AM – 12PM	Hazel Hawkins Memorial Hospital Women's Center, 2nd floor McCullough Resource Center 911 Sunset Drive, Hollister, CA	Jana Tomasini, RN/IBCLC Lactation Consultant 831-637-5711 ext. 3385 jana.tomasini@hhs.sccgov.org https://www.hazelhawkins.com/patients-visitors/seminars-classes-support-groups/	English
El Camino Hospital Breastfeeding Support Group Los Gatos	Tuesdays & Thursdays 2PM – 3:30PM (Tuesday sessions – specifically for breastfeeding moms Thursday sessions – Mother's Support Group)	Conference Room 101A 555 Knowles Drive Los Gatos, CA 95032	408-871-7479	English
Lucile Packard Children's Hospital Menlo Park	Thursdays 2:30PM – 3:30PM	Community Classrooms 4100 Bohannon Drive Menlo Park, CA	650 724-4601 http://www.stanfordchildrens.org/en/classes	English, Spanish
Casa Natal Birth Center Breastfeeding Support Group Morgan Hill	1 st & 3 rd Fridays of the month 10:30AM – 12PM	Casa Natal Birth Center 50 West Main Avenue, Suite C Morgan Hill, CA 95037	408-778-7583 https://www.casa-natal.com/book-online/breastfeeding-support-group	English

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El Camino Hospital Breastfeeding Support Group Mountain View	Wednesdays 10:30AM – 11:30AM	Women's Building (behind main hospital) Community Room 2500 Grant Road Mountain View, CA 94040	650-988-8290	English
Nursing Mothers Counsel (Drop-in Support Group) Palo Alto	2 nd & 4 th Fridays of the month 11:30AM to 1PM	Blossom Birth and Family 290 S. California Ave, Ste A, Palo Alto, CA 94306	https://www.blossombirthandfamily.org/breastfeeding-connections.html (650) 321-2326	English
CompreCare WIC (Walk in or Call) San Jose	Monday – Saturday 8AM – 5:30PM	CompreCare Health Center 3030 Alum Rock Avenue San Jose, CA 95127	408-254-5197	English, Spanish, Vietnamese
Gardner WIC (Walk in or Call) San Jose	Monday – Friday 8AM – 5:30PM	Centro de Bienestar 160 East Virginia Street San Jose, CA 95112	408-254-5197	English, Spanish, Vietnamese
Indian Health Center WIC San Jose	Monday – Friday 8AM – 5PM, Thursdays 8AM – 7PM	San Jose Site 1685 Westwood Dr., Suite 4 San Jose, CA 95125	408-960-0900	English, Spanish, Vietnamese
Indian Health Center WIC San Jose	Monday – Friday 8AM – 4:30PM	Silver Creek Site 1642 East Capitol Expressway San Jose, CA 95121	408-960-0900	English, Spanish, Vietnamese
La Leche League Breastfeeding Support Group San Jose	1 st Thursday of the month 10:30AM – 12PM	San Jose Public Library Rose Garden Branch Community Room 1580 Naglee Ave, San Jose, 95126	408-641-0138 llofgreatersanjose@gmail.com http://llynorcal.org/groups/sanjoseca/	English
La Leche League Breastfeeding Support Group San Jose	4 th Monday of the month 10AM – 11AM	Central Park Library - Edinger Room 2635 Homestead Road Santa Clara, California 95051	408-641-0138 llofgreatersanjose@gmail.com http://llynorcal.org/groups/sanjoseca/	English
Nursing Mothers Counsel (Drop-in Support Group) San Jose	3 rd Saturday of the month 10:30AM - 1PM	Tiny Tots Boutique in the Meeting Room 138 Railway Avenue, Campbell, CA 95008	https://www.nursingmothers.org/events	English

	Website
BABI - Bay Area Birth Information	http://bayareabirthinfo.org/
La Leche League meetings (for California)	http://llynorcal.org/groups/
Nursing Mothers Counsel (NMC)	https://www.nursingmothers.org/
Supporting Mamas	http://supportingmamas.org/support-groups/