



BREASTFEEDING EDUCATION LIVE CLASSES

READY, SET, BABY

FREE Mondays* at 12:00pm & 2:00pm
 Martes en español a las 11:00am (Tuesdays in Spanish at 11:00am)
 Classes are approximately 75-90 minutes in length
 Join here: zoom.us/j/95130930585 Meeting ID: 951 3093 0585

HUG YOUR BABY

FREE Select Saturdays - 2 Hours - Register here:
www.hugyourbaby.org/parenting101

MAYO CLINIC BREASTFEEDING EDUCATION CLASS

FREE In-person and/or virtual option.
 The schedule of classes & events can be found here:
www.mayoclinichealthsystem.org/classes-and-events
 Recommend entering your ZIP code & selecting the "Prenatal & Parenting" dropdown for easiest search

WIC CLINIC CONTACT INFORMATION:
Chippewa County WIC: 715-726-7903
BREASTFEEDING PEER COUNSELOR:
April: 715-495-0902

HOSPITAL & CLINIC LACTATION SUPPORT

Mayo Clinic: 715-838-6100

Oakleaf Clinics: 715-836-9242

Marshfield Clinic: 715-858-8446

Willow Creek Women's Clinic: 715-832-9292

Mama Bear Family Care: 715-204-4060

Confluence Healthcare: 715-828-9060

BREASTFEEDING SUPPORT GUIDE - GOOGLE DRIVE

TELEPHONE, VIRTUAL, & WEB-BASED SERVICES

SUPPORT GROUPS

Confluence Healthcare Breastfeeding Support Group -
 Free Thursdays 10-11 am, no registration required
 431 E. Clairmont Ave, Eau Claire

Mama Bear Family Care - <https://mamabearfamilycare.com/events>

Free Mayo Clinic Health Systems-Virtual or In Person
 2nd and 4th Tuesdays from 9-10:30 am
 727 Building, Kenney Ave, Conf. Rm B, Eau Claire

Western WI WIC Breastfeeding Support Group -
www.facebook.com/groups/3846669648679507

NATIONAL HELPLINES

National Women's Health & Breastfeeding Helpline: Monday through Friday, at 1-800-994-9662 to talk with a trained breastfeeding peer counselor in English or Spanish. Free.

Ohio Statewide Breastfeeding Hotline by the Appalachian Breastfeeding Network: answered by lactation professionals 24/7-365 at 1-888-588-3423 or text "BFHOTLINE" to 839863. Do not need to reside in Ohio. Serves all languages using interpreter services. Free.

RELIABLE WEBSITES

- Breastmilk Counts Videos: <https://www.breastmilkcounts.com/get-help/video-blogs/>
- WIC Breastfeeding Support: wicbreastfeeding.fns.usda.gov
- Workplace Support: www.usbreastfeeding.org/workplace-law-guide.html (includes information about your rights to breastfeed)
- DHS Office on Women's Health: <https://www.womenshealth.gov/breastfeeding>
- LowMilkSupply.org: <https://www.lowmilksupply.org/>
- Infant Risk Center: <https://www.infantrisk.com/breastfeeding>