

# FREE BREASTFEEDING SUPPORT GROUPS & RESOURCES

County-Wide Program	Meeting Day & Time	Location	Phone, Website, Email	Languages Spoken
Santa Clara Valley Medical Center (Drop-In Support Group)	Wednesdays 10AM – 11AM	<b>VHC Bascom</b> 750 S. Bascom Ave, Suite 140 San Jose, CA 95128	Ambulatory Health Education Department (AHED) 408-885-5436	English, Spanish
Santa Clara County Public Health Department Breastfeeding Support Line	Call support line	Covers Santa Clara County	408-885-5950 <a href="https://www.sccgov.org/sites/phd/hi/pbp/Pages/breastfeeding.aspx">https://www.sccgov.org/sites/phd/hi/pbp/Pages/breastfeeding.aspx</a>	English
Santa Clara County WIC Program	Leave a voicemail Will call back M-F	Covers Santa Clara County	408-792-5101 408-794-0550 <a href="mailto:BFWIC@phd.sccgov.org">BFWIC@phd.sccgov.org</a>	English, Spanish, Vietnamese
Nursing Mother's 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) <a href="http://www.nursingmothers.org">www.nursingmothers.org</a>	Cantonese, English, French, German, Hebrew, Hindi, Mandarin, Russian, Spanish
Nursing Mother's Counsel (Phone Support)	Call to connect with counselor: 7 days a week, 9AM to 9PM	Covers Santa Cruz County	831-688-3954 <a href="http://www.nursingmothers.org">www.nursingmothers.org</a>	English, German, Spanish

Program by City	Meeting Day & Time	Location	Phone, Website, Email	Languages Spoken
La Leche League Breastfeeding Support Group <b>Campbell</b>	2nd Wednesday of the month 7:00PM – 8:30PM	<b>Tiny Tots Boutique in the Meeting Room</b> 138 Railway Avenue Campbell, CA 95008	1-877-LA-LECHE 1-877-452-5324	English
St. Louise Regional Hospital (Drop-In Support Group) <b>Gilroy</b>	Wednesdays 10AM – 11:30AM	<b>St. Louise Regional Hospital Maternity Unit, 2<sup>nd</sup> Floor</b> 9400 No Name Uno Gilroy, CA 95020	408-848-8639	English
El Camino Hospital Breastfeeding Support Group <b>Los Gatos</b>	Tuesdays & Thursdays 2PM – 3:30PM	<b>Conference Room 101A</b> 555 Knowles Drive Los Gatos, CA 95032	408-866-3905 408-871-7479	English
Lucile Packard Children's Hospital <b>Menlo Park</b>	Thursdays 2:30PM – 3:30PM	<b>Community Classrooms</b> 4100 Bohannon Drive Menlo Park, CA	650 724-4601 <a href="http://www.stanfordchildrens.org/en/classes">http://www.stanfordchildrens.org/en/classes</a>	English, Spanish
Casa Natal Birth Center Breastfeeding Support Group <b>Morgan Hill</b>	1 <sup>st</sup> & 3 <sup>rd</sup> Fridays of the month 10:30AM – 12PM	<b>Casa Natal Birth Center</b> 50 West Main Avenue, Suite C Morgan Hill, CA 95037	408-778-7583 <a href="https://www.casa-natal.com/book-online/breastfeeding-support-group">https://www.casa-natal.com/book-online/breastfeeding-support-group</a>	English

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El Camino Hospital Breastfeeding Support Group <b>Mountain View</b>	Wednesdays 10:30AM – 11:30AM	<b>Women's Building (behind main hospital) Community Room</b> 2500 Grant Road Mountain View, CA 94040	650-988-8290	English
CompreCare WIC (Walk in or Call) <b>San Jose</b>	Monday – Saturday 8AM – 5:30PM	<b>CompreCare Health Center</b> 3030 Alum Rock Avenue San Jose, CA 95127	408-254-5197	English, Spanish, Vietnamese
Gardner WIC (Walk in or Call) <b>San Jose</b>	Monday – Friday 8AM – 5:30PM	<b>Centro de Bienestar</b> 160 East Virginia Street San Jose, CA 95112	408-254-5197	English, Spanish, Vietnamese
Good Samaritan Breastfeeding Support Group <b>San Jose</b>	Tuesdays 2PM – 3:30PM	<b>In the Basement, near "B" Elevators</b> 2425 Samaritan Drive San Jose, CA 95124	408-559-2229 800-539-2229	English
Indian Health Center WIC <b>San Jose</b>	Monday – Friday 8AM – 5PM, Thursdays 8AM – 7PM	<b>San Jose Site</b> 1685 Westwood Dr., Suite 4 San Jose, CA 95125	408-960-0900	English, Spanish, Vietnamese
Indian Health Center WIC <b>San Jose</b>	Monday – Friday 8AM – 4:30PM	<b>Silver Creek Site</b> 1642 East Capitol Expressway San Jose, CA 95121	408-960-0900	English, Spanish, Vietnamese
Nursing Mother's Counsel (Drop-in Support Group) <b>San Jose</b>	Saturdays once a month See website for dates	<b>Tiny Tots Boutique in the Meeting Room</b> 138 Railway Avenue, Campbell, CA 95008	<a href="http://www.nursingmothers.org">www.nursingmothers.org</a>	English
O'Connor Hospital Breastfeeding Support Group <b>San Jose</b>	Mondays 11AM – 12:30PM except public holidays	<b>O'Connor Hospital Medical Office Building 3rd Floor Pediatric Meeting Room #3122</b> 2101 Forest Avenue San Jose, CA 95128	408-947-2743	English

	Website
La Leche League meetings	<a href="http://lll.norcal.org/groups/sanjoseca.html">http://lll.norcal.org/groups/sanjoseca.html</a>
BABI - Bay Area Birth Information	<a href="http://bayareabirthinfo.org/providers">http://bayareabirthinfo.org/providers</a>
Supporting Mamas	<a href="http://supportingmamas.org/support-groups/">http://supportingmamas.org/support-groups/</a>

