

FREE LACTATION SUPPORT GROUPS & RESOURCES

County-Wide Program	Meeting Day & Time	Location	Phone, Website, Email	Languages Spoken
Santa Clara Valley Medical Center Coming soon	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	WIC families/New enrollment/Providers Warm line M-F 8 am – 5 pm	Covers Santa Clara County	408-794-0550 BFWIC@phd.sccgov.org	English, Spanish, Vietnamese • We can call language services for additional preferred language
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
Dad's Group Family Tree Wellness Virtual Group	Third Thursday of every month 6 pm to 7 pm on Zoom	Covers Santa Clara County	To register contact hello@FamilyTreeWellness.org and to get login information for the group. Other ways to contact, on Facebook at Family Tree Wellness.	English

Program by City	Meeting Day & Time	Location	Phone, Website, Email	Languages Spoken
La Leche League Breastfeeding Support Group Campbell Now Virtual	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 llofgreatersanjose@gmail.com http://lllnorcal.org/	English
St. Louise Regional Hospital (Drop-In Support Group) Gilroy Now Virtual	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 Now Virtual	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 Virtual Pending	Thursdays 2PM – 3:30PM	The groups are for patients of El Camino & Los Gatos and Mt. View only.	408-871-7479 <i>Call for virtual meeting updates</i>	English
Lucile Packard Children's Hospital Menlo Park All Virtual	Breastfeeding Support Group 0 to 6 months of age. Thursday afternoons 2:30 to 3:30.	Community Classrooms 4100 Bohannon Drive Menlo Park, CA	650 724-4601 http://www.stanfordchildrens.org/en/classes	English, Spanish



FREE LACTATION SUPPORT GROUPS & RESOURCES

Program by City	Meeting Day & Time	Location	Phone, Website, Email	Languages Spoken
Casa Natal Birth Center Breastfeeding Support Group Morgan Hill Call or e-mail for the Zoom Information	Every Friday of the month 10:30AM – 12PM	Casa Natal Birth Center 50 West Main Avenue, Suite C Morgan Hill, CA 95037	408-778-7583 Emily @ casa-natal.com	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 (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 San Jose (Call)	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 (Call)	Monday – Friday 8AM – 5PM,	San Jose Site 1685 Westwood Dr., Suite 4 San Jose, CA 95125	408-960-0900	English, Spanish, Vietnamese
Indian Health Center WIC San Jose (Call)	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 Now Virtual	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 lllofgreatersanjose@gmail.com http://lllnorcal.org/	English
La Leche League Breastfeeding Support Group San Jose Now Virtual	4 th Monday of the month 10AM – 11AM	Central Park Library - Edinger Room 2635 Homestead Road Santa Clara, California 95051	408-641-0138 lllofgreatersanjose@gmail.com http://lllnorcal.org/	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://lllnorcal.org/groups/
Nursing Mothers Counsel (NMC)	https://www.nursingmothers.org/
Supporting Mamas	http://supportingmamas.org/support-groups/
Dad's Group	www.familytreewellness.org

