Need help with breastfeeding?

✓ Talk with your doctor about your breastfeeding goals before baby is born.
✓ Classes can help you with breastfeeding and preventing problems.
✓ Include partners, fathers and other close family members in doctor visits and breastfeeding classes.
✓ Talk with your friends and family about how they can support breastfeeding.
✓ Most health plans cover breastfeeding support. Contact your plan to know your covered benefits.
✓ Attend a hospital tour before labor to understand how the hospital supports breastfeeding at birth.
✓ Create a list of resources to call. Ask your provider or WIC to help.

For more information about:
- Class and groups near you
- Breastfeeding and work
- Your rights as a breastfeeding mother

and much more, please visit

www.ACBreastfeeds.org

Health Plans
Alameda Alliance for Health: (510) 747-4577
Blue Cross 24/7 Nurse Line (800) 224-0336
City of Berkeley RN/IBCLC (510) 981-5327
Kaiser: (510) 752-1200
(Kaiser members - contact doctor for referral)

Hospitals
Alta Bates Breastfeeding Help (510) 204-6546
Eden Medical Center (510) 727-3045
Highland Hospital (510) 437-5195
Kaiser Oakland (510) 752-6150
Kaiser San Leandro (510) 454-4531
Stanford Valley Care (925) 416-3598
St. Rose Hospital (510) 264-4044
Washington Hospital (510) 818-5040

Women Infants and Children (WIC)
Alameda County WIC (510) 268-4247
Axis Health Center WIC (925) 462-2365
City of Berkeley WIC (510) 981-5136
La Clínica de La Raza WIC:
  Fruitvale clinic (510) 535-4110
  San Antonio clinic (510) 272-1500
Native American Health WIC (510) 434-5310
Tiburcio Vasquez Health WIC (510) 931-9997
West/East Oakland WIC (510) 835-9610
  West clinic x2080
  East clinic x2273

La Leche League
Alameda (510) 864-0745
Castro Valley/San Leandro (510) 342-3797
Fremont (510) 431-2307
Oakland (510) 545-3840

Look online for a Lactation Consultant:
International Lactation Consultants Association http://www.ilca.org/why-ibclc/falce
United States Lactation Consultant Association https://uslca.org/resources/find-a-lactation-consultant-map#directory/map
Bay Area Lactation Associates http://www.bayarealactation.org/find-a-lactation-consultant.html