

Breastfeeding Support Resources

WIC FREE BREASTFEEDING HELPLINE

1-888-278-6455 Mon-Fri: 8:30am-6:00pm
Telephone support and help with breastfeeding concerns.

WIC

1-888-942-2229 Mon/Tue/Thurs: 9:15am-5:30pm,
Wed: 11:00am-7:15pm, Fri: 10:00am-5:30pm
Call to find a WIC location near you.

NATIONAL BREASTFEEDING HELPLINE

1-800-994-9662 Mon-Fri: 6:00am-3:00pm
Peer Counselors can answer your questions and walk you through challenges and issues from latching to pumping/storing.

MOTHER NURTURE NETWORK: "BREASTFEEDING SUPPORT GROUP"

310-798-9000 Cost: \$25/session www.MotherNurtureNetwork.com
Thursday at 1pm: 2833 Pacific Coast Highway Torrance, CA 90505
Mon/Wed/Fri at 1pm: 107 Torrance Blvd. # 100 Redondo Beach, CA 90277

PROVIDENCE LCM SAN PEDRO'S BREASTFEEDING SUPPORT GROUP

310-241-4317 Cost: FREE Drop in Fridays 9-12pm
Receive one-to-one assistance from a breastfeeding counselor.
5th Floor Central Conference Room: 1300 W 7th Street San Pedro, CA 90732

TORRANCE MEMORIAL BREASTFEEDING CLINIC

310-517-4743 Cost: \$30 Monday & Saturday mornings at 9:30am
A Board Certified Lactation Consultant (IBCLC) can weigh baby and answer questions regarding breastfeeding.

MOTHER TO BABY

1-866-626-6847 Cost: Free www.MothertoBaby.org
Call with any questions regarding medications and breastfeeding.



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Recursos para apoyo con lactancia

WIC LINEA DE APOYO PARA LA LACTANCIA

1-888-278-6455 Lunes-Viernes: 8:30am-6:00pm
Ofrecen apoyo por teléfono con sus dudas o preguntas sobre lactancia.

WIC

1-888-942-2229
Lunes, Martes y Jueves: 9:15am- 5:30pm
Miércoles: 11:00AM - 7:15pm; Viernes: 10:00am-5:30pm
Llame para encontrar la oficina WIC más cercana a usted.

LINEA NACIONAL DE LACTANCIA

1-800-994-9662 Lunes-Viernes: 6:00am-3:00pm
Para español oprima: 1
Consejeras especializadas pueden contestar sus preguntas y apoyarla con sus dificultades para amamantar.

PROVIDENCE LITTLE COMPANY OF MARY SAN PEDRO GRUPO DE APOYO

310-241-4317 Costo: Gratis Viernes: 9-12PM
Reciba apoyo uno-a-uno de una consejera de lactancia
1300 W. 7th Street San Pedro, CA 90732
5° piso Central- Cuarto de Conferencia

LINEA MOTHER TO BABY

1-866-626-6847 Para español oprima: 1 Costo: Gratis
www.MothertoBaby.org
Llame a un experto que compartirá información actualizada y contestara sus dudas o preguntas sobre medicamentos mientras amamanta.



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