



Denver County Lactation Resource Guide



Hospitals and Support Groups

Denver Health

-Free [lactation consults](#) for moms who deliver at Denver Health. Call 303-602-9290 to schedule an appointment. -[Weekly Lactation Clinic](#) at Westside Family Health Center. By appointment only. Spanish and English. Call 303-602-0888 to schedule.

Lutheran Medical Center Lactation

-Lactation consults available by appointment, call 303-425-2286. Available in English and Spanish. -Free [breastfeeding support group](#) on Wednesdays at 9 AM and Fridays at 2 PM.

Medical Center of Aurora Lactation

-Free [breastfeeding clinic](#), meets Tuesdays and Thursdays at 1 PM. Open to the public. For additional breastfeeding support, call the Lactation Support Line at 303-873-5812.

North Suburban Hospital Lactation

-IBCLC support provided to mom and baby after delivery. Also offer [Healthy Beginnings Support Group](#) and breastfeeding classes. Call 303-457-7740.

Presbyterian St. Luke's Lactation

-Free [breastfeeding support group](#), meets Tuesdays at 10 AM at Rocky Mountain Hospital for Children. No registration needed, call 720-754-7339 with questions.

Rose Medical Center Lactation

-Free [breastfeeding support group](#) for moms who deliver at Rose Medical Center, Mondays at 1 PM. Call in advance, 303-320-2001.

St. Joseph's Hospital Lactation Department

-[Breastfeeding group](#) meets Tuesdays & Thursdays at 2 PM, open to the public. Prenatal classes and virtual support groups also available online. To register, text BABY to 32037 or call 303-812-4640. -[IBCLC consultants](#) available by appointment.

Swedish Medical Center

-Lactation [support group](#) meets Wednesdays at 10 AM, pre-registration required. Call 1-866-779-3347.

University of Colorado Hospital

-UCHealth hosts free [weekly breastfeeding support groups](#) at facilities along the Front Range. -Individual lactation consultations by appointment.



Free breastfeeding consults for moms enrolled on the [Denver Health WIC program](#), call 303-602-6434 to schedule an appointment.

To be eligible for the Denver WIC program, you must be:

- Pregnant, breastfeeding (up to one year after the delivery of baby) or a postpartum woman (up to six months after the delivery of baby), or an infant or child up to 5 years of age.
- Income-eligible

WIC offers breastfeeding support including free breastfeeding education, free lactation consults, and free breast pumps in addition to food assistance. To inquire about a pump, call 303-602-9444.

Breastfeeding phone and text support available through WIC Breastfeeding Peer Counseling. A WIC peer counselor is a WIC mother just like you who has breastfed her own baby and done some additional training in breastfeeding. Call 303-602-5680 to get connected with a WIC Breastfeeding Peer Counselor.



Other Resources

Baby Cafés

-Baby Cafés are free resources for pregnant and breastfeeding mothers. Offered Wednesday mornings at Jewish Community Center and Tuesday afternoon at Hygge Birth and Baby. Visit babycafeusa.org for more information or to find a baby café near you.

Children's Hospital Breastfeeding Management Clinic

-[Clinic](#) provides support to any mother and baby having challenges with breastfeeding. Call 720-777-2740 to schedule.

Denver Nurse Family Partnership

-Helping first time parents succeed. Find a nurse near you, www.nursefamilypartnership.org.

La Leche League

-Call 303-779-6722 with questions and referrals to groups statewide.

Mothers' Milk Bank

-Visit this [website](#) or call 303-869-1888 for information on donating or receiving donor human milk. Free [baby cafés](#) also available throughout Denver.



Phone Support

Children's Hospital Free ParentSmart Healthline:
Speak with a nurse 24/7
720-777-0123 or 1-855-KID-INFO

InfantRisk Center Helpline
806-352-2519

La Leche League USA Breastfeeding Helpline
1-877-4LaLeche (1-877-452-5324)

LatchME app



Contact Mandy Feeks for more information
DPH Breastfeeding Program Specialist, amanda.feeksedhha.org



Online Support

American Academy of Pediatrics
healthychildren.org

Colorado Breastfeeding Coalition
www.cobfc.org

Find a lactation consultant
www.ilca.org

KellyMom
www.kellymom.com

Medications and Breast Milk
www.infantrisk.com

Office on Women's Health
www.womenshealth.gov/breastfeeding

WIC Breastfeeding Support
<https://wicbreastfeeding.fns.usda.gov/>