



## Breastfeeding Resources Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

### **Mothers' Milk Bank's Baby Café – Rocky Mountain Children's Health Foundation**

303-869-1888

5394 Marshall St, Arvada, CO 80004

<https://rmchildren.org/mothers-milk-bank/baby-cafe/>

- Offers a place where new and expecting parents can gather weekly to support one another on their breastfeeding journey while receiving guidance and tips from a breastfeeding specialist.
- Open every Friday from 11:00 am to 1:00 pm.

### **Baby Café – Hygge Birth and Baby**

720-464-7599

8111 E Lowry Blvd, Suite 230, Denver, CO 80230

<https://hyggebirthandbaby.com/baby-cafe/>

- Offers a place where new and expecting parents can gather weekly to support one another on their breastfeeding journey while receiving guidance and tips from a breastfeeding specialist.
- Open every Tuesday from 1:00 pm to 3:00 pm.

### **Baby Café – Jewish Community Center**

303-399-2660

350 S Dahlia St, Denver, Co 80246 – Wolf Room

<https://www.jccdenver.org/baby-fourth-trimester-cafe/>

- Offers a place where new and expecting parents can gather weekly to support one another on their breastfeeding journey while receiving guidance and tips from a breastfeeding specialist.
- Wednesdays from 10:00 am to 11:30 am and Fridays 11:00 am to 12:30 pm.

### **La Leche League of Colorado and Wyoming**

303-779-6722

<https://www.lllcoloradowyoming.org/>

- La Leche League of Lakewood: 720-443-2823
  - Website: [www.llloflakewood.org](http://www.llloflakewood.org)
  - Meets at 10 am on the first Saturday of the month at Sam Gary Library – 2961 Roslyn Street Denver, CO 80238
- Provides information, support, encouragement and community to anyone to chestfeed, breastfeed, pump or combination feed.
- La Leche League Leaders are experienced mothers who have breastfed their own babies and who have been trained and accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. They are available by phone whenever you have breastfeeding questions or concerns.

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## Jefferson County Public Health

<https://www.jeffco.us/2193/Breastfeeding>

- B.E.S.T-Feeding Club – a free breastfeeding moms group
  - Contact: Heather Cordova – 720-476-2332 or Kelsey Rivera – 303-239-7139
  - Locations:
    - Jefferson County Public Health – 645 Parfet Street, Lakewood, CO 80215  
Mondays from 1:00 pm to 3:00 pm
    - Mother’s Milk Bank – 5394 Marshall St, Arvada, CO 80002  
Wednesdays from 10:00 am to 12:00 pm.
    - Columbine Library – 7706 W Bowles Ave, Littleton, CO 80123
- Free Prenatal Breastfeeding Classes
  - Offered monthly at all WIC clinics with Jefferson County Public Health
  - Information also provided in Spanish and Chinese on an individual basis.
  - Call WIC at 303-271-5780

## Women, Infants, and Children (WIC):

303-271-5780

Offices in Arvada, Evergreen, Lakewood, Littleton and Wheat Ridge

<https://www.jeffco.us/2173/Women-Infants-Children-WIC>

- Nutritional services, including supplemental foods and nutrition education/ counseling for pregnant women, post-partum women, and children up to the age of 5 years.
- Developmental screenings.
- Referrals to other health and social service agencies.

## Breastfeeding Support Group – Lutheran Medical Center

303-425-2286

Lactation Center, call for class hours

Lutheran Medical Center Womens Education Center Classrooms 2nd Floor North Pavilion

8300 West 38th Avenue (Main Hospital - Entrance #2)

2nd Floor North

Wheat Ridge, CO 80033

<https://www.sclhealth.org/classes-events/lutheran/women-and-family-classes/breastfeeding-support-group/>

- No registration necessary, drop in class.

## Colorado Breastfeeding Coalition

<https://cobfc.org/>

- information and resources in the Colorado area for breastfeeding parents.

## The Mama’hood:

303-726-2612

2902 Zuni Street, Denver, CO 80211

<http://www.themamahood.com>

- Offers a variety of classes and groups for mothers.
- Prices and schedule of classes/groups available online.
- Offers pump rentals.

## University of Colorado OB-GYN

720-848-1741 – Contact: Karen Cloud

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Anschutz Outpatient Pavilion – 3<sup>rd</sup> Floor

<https://obgyn.coloradowomenshealth.com/services/pregnancy/pregnancy-parenting-classes>

- Offers a weekly Breastfeeding support group for free from 1:30 pm to 2:45 pm.

## **Children’s Hospital – Breastfeeding Management Clinic**

720-777-3605

860 N Potomac Circle, Aurora, CO (offers services at locations in Uptown Denver and Highlands Ranch too)

<https://www.childrenscolorado.org/doctors-and-departments/departments/primary-care/breastfeeding-management-clinic/>

- Offers support for breastfeeding challenges for baby and family.
- Services are provided by a “Trifecta team” – a pediatrician with breastfeeding expertise, a lactation consultant, and a psychologist.

**Medela Inc.:** 1-800-435-8316

- pump rental stations  
<http://www.medelabreastfeedingus.com>
- Search for location of product retailers, educational classes, and other resources online at  
<http://www.medelabreastfeedingus.com/bnn>

## **Mother’s Milk Bank (Regional) Donors/Recipients:**

303-869-1888 or 877-458-5503 toll-free

<http://www.rmchildren.org/programs/milkbankcolorado/>

## **Bosom Buddies, Inc.**

720-482-0109

<http://www.bosombuddies.com/>

- Breast pump rentals and sales. Education & consultations. Bras, nursing tops and pajamas up to 50J. Call for hours and directions.

## **Sweet Beginnings**

303-317-5795

<http://www.oursweetbeginnings.com/>

- Breast pump rentals