



Denver County Lactation Resource Guide



Hospitals and Support Groups

Denver Health

- Free [lactation consults](#) for patients who deliver at Denver Health. Call 303-602-9290 to schedule.
- [Lactation clinics](#) at Webb clinic on Wednesdays at 9:30 AM and Westside clinic on Tuesdays at 9:30 AM.
- [Prenatal breastfeeding classes](#) offered depending on schedule. Pre-register online, call 303-602-5526 or email info4moms2be@dhha.org.

Lutheran Medical Center Lactation

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

Medical Center of Aurora Lactation

- [Free breastfeeding clinic](#), meets Tuesdays at 1 PM, in-person or via Webex. Must register in advance.
- 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 phone assistance and [Healthy Beginnings Support Group](#). Call 303-457-7740.

Presbyterian St. Luke's Lactation

- For patient lactation support, call 720-754-7338.
- Free [breastfeeding support group](#), meets Wednesdays at 10 AM at Rocky Mountain Hospital for Children. Call in advance to ensure class is being held, 720-754-7339.

Rose Medical Center Lactation

- Free [breastfeeding support group](#) for moms who deliver at Rose Medical Center, in-person class Mondays at 1 PM or virtual class Thursdays at 1 PM.
- Lactation helpline, 303-320-2001.

St. Joseph's Hospital Lactation Department

- In-person [Breastfeeding Support Group](#) has resumed. Must register in advance. Virtual Breastfeeding Support Group continues to be offered on Tuesdays at 10 AM.
- For one-on-one assistance, contact the Lactation Department at 303-812-4642 to schedule an appointment.

Swedish Medical Center

- Lactation [support group](#) meets in-person. See class schedule. Pre-registration required, call 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 has completed 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 Thursday morning at Rocky Mountain Youth Clinic. 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.

Colorado COVID-19 information website for pregnant and breastfeeding families

-All guidance aligns with recommendations from the CDC, WHO and AAP.

<https://covid19.colorado.gov/pregnancy-breastfeeding>.

Denver Nurse Family Partnership

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

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
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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/>