

# Breastfeeding Resources

July 2018



S A I N T P A U L – R A M S E Y C O U N T Y P U B L I C H E A L T H

## BREASTFEEDING CLASSES

### **Amma Parenting Center - Prenatal Breastfeeding Class**

Prenatal breastfeeding class, \$40

952-926-2229

Regions Hospital North Building, 640 Jackson Street St. Paul, 55101, 2nd floor conference room

[www.ammaparentingcenter.com/locations/#st-paul](http://www.ammaparentingcenter.com/locations/#st-paul)

### **Blooma St. Paul**

Breastfeeding and childbirth education classes, doulas

651-340-8538

Blooma St. Paul, 493 Selby Avenue St. Paul, 55102

[www.blooma.com/childbirth-education/cbe-schedule/](http://www.blooma.com/childbirth-education/cbe-schedule/)

### **Enlightened Mama**

Breastfeeding Essentials class

952-457-3834

MN Birth Center, 624 Smith Ave, St. Paul

[www.enlightenedmama.com/](http://www.enlightenedmama.com/)

### **Everyday Miracles**

Breastfeeding and childbirth classes, postpartum support, and doula services

612-353-6293

[www.everyday-miracles.org/](http://www.everyday-miracles.org/)

Languages (doula services): Somali, Spanish, Hmong, German, French

Discounted services offered for individuals on state-funded insurance plans (Medicaid)

### **HealthPartners**

Breastfeeding class for mothers and their supporters, \$25

651-293-8252

[www.regionshospital.com/ucm/groups/public/@hp/@public/documents/documents/entry\\_182855.pdf](http://www.regionshospital.com/ucm/groups/public/@hp/@public/documents/documents/entry_182855.pdf)

Available to HealthPartners and non-HealthPartners expectant mothers

HealthPartners St. Paul Clinic, 205 S. Wabasha St.

# Breastfeeding Resources

## **Midwest Doulas**

Breastfeeding and childbirth education classes, doulas, lactation support by phone  
612-234-2208

[www.midwestdoulas.com/services/](http://www.midwestdoulas.com/services/)

Languages: French

## **BREASTFEEDING SUPPORT AND EDUCATION DROP-INS**

### **Blooma St. Paul (Free)**

New Mama support group, chat with other new moms, ask questions (free),  
612- 223-8064

Blooma St. Paul, 493 Selby Avenue St. Paul, 55102

[www.blooma.com/free-new-mama-group/](http://www.blooma.com/free-new-mama-group/)

### **The Childbirth Collective (Free)**

Weekly childbirth education classes (topics: breastfeeding, postpartum, childbirth), supplemental to other childbirth education classes.

612-408-9035

The Minnesota Birth Center, 624 Smith Ave S., St. Paul

[www.childbirthcollective.org/calendar/](http://www.childbirthcollective.org/calendar/)

### **D.I.V.A Moms (Dynamic Involved Valued African American Moms):**

Culturally reflective prenatal program led by and made for U.S. born African-American women. Learn about nutrition, labor, birth, breastfeeding, newborn care, and becoming the mom you want to be. Meet other moms, spend time with midwives, and connect to community resources.

651-602-7500

East Side Family Clinic Conference Room, 895 E. 7<sup>th</sup> St., St. Paul 55106

### **Health Foundations Birth Center Lactation Services (Free)**

Mama's Milk Hour Support Group is a breastfeeding support group

651-895-2520

Health Foundations Birth Center, 968 Grand Avenue. Saint Paul, 55105

[www.health-foundations.com/breastfeeding](http://www.health-foundations.com/breastfeeding)

### **La Leche League of Saint Paul Metro (Free)**

Monthly mother-to-mother breastfeeding support groups, led by La Leche League leaders, lactation support by phone

612-922-4996

[LLLStPaulMetro@gmail.com](mailto:LLLStPaulMetro@gmail.com)

[www.llofmdas.org/st-paul-metro.html](http://www.llofmdas.org/st-paul-metro.html)

Languages: Spanish (612-703-9232)

# Breastfeeding Resources

## **Minnesota Birth Center**

Village Mama Group, weekly support groups for new moms

651-689-3988

Minnesota Birth Center, 624 Smith Ave St. Paul, 55107

[www.theminnesotabirthcenter.com/lactation-services/](http://www.theminnesotabirthcenter.com/lactation-services/)

## **St. Paul Baby Cafés (Free)**

Drop-in service offering breastfeeding support and resources for pregnant and breastfeeding mothers and their families from a lactation professional.

651-249-1683, [eryn.ekegren@co.ramsey.mn.us](mailto:eryn.ekegren@co.ramsey.mn.us)

Sun Ray Library: 2105 Wilson Ave, St. Paul, 55119- *1st Wednesday*

Rondo Library: 461 Dale Ave, St. Paul, 55104- *3rd Wednesday*

Hmong American Partnership: 1075 Arcade St, St. Paul, 55106- *4th Wednesday*

Rice Street Library: 1011 Rice St, St. Paul, 55117- *4th Thursday*

*Languages: Hmong, Karen, Spanish and Somali languages may be available at some sites*

## **United Hospital Baby Cafe (Free)**

Drop-in breastfeeding support group

651-241-5088

St. Luke Lutheran Church: 1807 Field Avenue, St. Paul 55116- *Wednesdays 1:30 - 3 pm*

[www.babycafeusa.org/index.php?option=com\\_babycafe&task=view&ID=210](http://www.babycafeusa.org/index.php?option=com_babycafe&task=view&ID=210)

## **BY PHONE**

### **La Leche League 24-hour Breastfeeding Helpline (Free)**

Call for questions, tips, and help with breastfeeding

1-877-452-5324

Languages: Spanish, Arabic, Chinese, French, Japanese, Russian, Thai, and Swahili

### **Ramsey County WIC Lactation Consultants (Free; benefit of WIC)**

Ask questions and get help with breastfeeding (for mothers participating in WIC)

651-266-1683

Languages: Spanish, Karen, and Hmong

## HOSPITAL & CLINIC LACTATION SUPPORT

Check with your insurance for coverage information, often Medical Assistance covers breastfeeding support

### **HealthEast Home Care (check with insurance for coverage)**

Home care nurse visit for mother and baby for births in HealthEast of Fairview Hospital

651-232-2800

Languages other than English via request for interpreters

### **HealthEast Lactation Support Phone-Line**

Over the phone support for mothers and babies who birthed in HealthEast or Fairview Hospital

651-232-3147

Languages other than English via request for interpreters

### **HealthEast Outpatient Lactation Clinics (check with insurance for coverage)**

In-person support from a lactation consultant for mothers who gave birth in a HealthEast hospital (St. John's or Woodwinds)

651-232-3147

[www.healtheast.org/maternity/during/breastfeeding.html](http://www.healtheast.org/maternity/during/breastfeeding.html)

Clinic locations: Downtown St. Paul, Grand Avenue Clinic St. Paul, Midway Clinic St. Paul, Rice Street Clinic St. Paul, Roselawn Clinic St. Paul, St. John's Maplewood, Maplewood Clinic, Oakdale Clinic, Roseville Clinic, Vadnais Heights Clinic

### **HealthPartners Como Clinic Lactation Counseling**

In-person or over the phone services for HealthPartners patients

952-967-7955

Language: Spanish

### **Regions Hospital Lactation Support Center**

651-254-2380 for over-the-phone or in person lactation support

Accepts all insurance, call to inquire about options for those without insurance

Languages other than English via request for interpreters

### **United / Children's Hospital Lactation Resource Center**

Lactation consultants offering support for moms learning to breastfeed who gave birth at United / Children's Hospital

651-241-6250

[www.themotherbabycenter.org/care-services/after-baby-born/breastfeeding-lactation/](http://www.themotherbabycenter.org/care-services/after-baby-born/breastfeeding-lactation/)

## **IN-HOME LACTATION SERVICES**

### **A Woman's Design Lactation Support**

612-314-6378

[www.awomansdesign.com/lactation-support.html](http://www.awomansdesign.com/lactation-support.html)

### **Better Beginnings Lactation Services**

651-747-6954

[www.betterbeginningsmn.com/lactationsupport/](http://www.betterbeginningsmn.com/lactationsupport/)

Discounts available for families on Medical Assistance

### **Embrace Childbirth Doula Service**

In-home, private Prenatal Breastfeeding Class and lactation counseling

763-229-7351

[www.embracechildbirth.com/](http://www.embracechildbirth.com/)

### **Enlightened Mama**

In-home and in-office consultation options available

952-457-3834

[www.enlightenedmama.com/schedule-lactation-appts/](http://www.enlightenedmama.com/schedule-lactation-appts/)

Languages: Spanish

Insurance coverage may be available, including Medicaid-MN plans

### **Nourish Family Wellness**

In-home and in-clinic lactation services

651-797-4822

[www.nourishfamilywellness.com/lactation-initial-visit/](http://www.nourishfamilywellness.com/lactation-initial-visit/)

# Breastfeeding Resources

## ONLINE

### **Online HealthEast Breastfeeding Guide (Free)**

[www.healtheast.org/images/stories/maternity/breastfeeding-guide.pdf](http://www.healtheast.org/images/stories/maternity/breastfeeding-guide.pdf)

### **Online HealthPartners Breastfeeding Resource Guide (Free)**

[www.healthpartners.com/ucm/groups/public/@hp/@public/documents/documents/cntrb\\_010545.pdf](http://www.healthpartners.com/ucm/groups/public/@hp/@public/documents/documents/cntrb_010545.pdf)

### **Saint Paul - Ramsey County Public Health Breastfeeding Website**

[www.ramseycounty.us/breastfeeding](http://www.ramseycounty.us/breastfeeding)

### **Black Women Do Breastfeed Blog**

[www.blackwomendobreastfeed.org/](http://www.blackwomendobreastfeed.org/)

### **Office on Women's Health Resources**

[www.womenshealth.gov/breastfeeding/](http://www.womenshealth.gov/breastfeeding/)

### **Breastfeeding & Parenting**

[www.kellymom.com](http://www.kellymom.com)