



Breastfeeding Resource Guide **Guía de Recursos de la Lactancia**

(209) 870-5000 cmcwic.org

We want to help you meet your breastfeeding goals!
Queremos apoyarla a lograr su meta sobre la lactancia!

Breastfeeding Chat Group

Wednesday at 1:00pm - Text
Chat Group to 85511
for the link to connect with us

Charla Sobre La Lactancia

Miércoles a las 3:00pm - Envíe Texto
Chat Group a 85511
para enviarle el link para que se
conecte con nosotros

Breastfeeding Helplines/Líneas de Apoyo para la Lactancia

Adventist Health Lodi Memorial (209) 339-7872
Kaiser Permanente (209) 839-6319
San Joaquin General Hospital (209) 468-7078
Sutter Tracy Community Hospital (209) 833-2419

La Leche League **La Liga de la Leche**

Stockton/Lodi
Ashley (209) 470-9893
Tanya (650) 40-3440
llnocal.org

Hospital Support Groups **Grupos de Apoyo en Hospital**

Adventist Health Lodi Memorial
(209) 339-7872
Dignity Health St. Joseph's
(209) 467-6331
Kaiser Permanente
(209) 839-6319

Maternal Mental Health/Salud Mental Materna

1-833-852-6262
English - mchb.hrsa.gov/national-maternal-mental-health-hotline
Spanish- mchb.hrsa.gov/linea-nacional-salud-menta-materna
PSI HelpLine: 1-800-4773; #1- Español; # 2 - English
HRSA Maternal & Child Health - call or text 1-833-TLC-MAMA (60 different languages)

Breastfeeding and Medications/Lactancia y Medicamentos

Mother to Baby - <https://mothertobaby.org/lactrx/>
Infant Risk Center - <https://infantrisk.com/>
LactMed - <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
E-Lactancia - e-lactancia.org