

# WORCESTER BREASTFEEDING RESOURCES

Breastfeeding is a beautiful journey, and along the way you may need support.

Talking to people you trust can help!

Visit the resources listed below:

## WORCESTER WIC & BABY CAFE

### WIC Peer Led Breastfeeding Support

**\*Available to WIC Participants only\***

**Monday–Friday 8:30 AM– 5:00 PM**

Please contact Shaira Lavandier at 774- 303-0272

### Baby Café

**\*Available to All\***

**Wednesday 10:00 AM–12:00 PM, Friday 10:00 AM–12:00 PM**

Available by Zoom: Meeting ID 99590327366, Passcode 102609

Or call 508-860-7748 with questions

## SAINT VINCENT'S HOSPITAL

### Lactation Warm Line

Available by phone: Call 508-363-7499

Leave a Voicemail and a lactation specialist will return your call

## UMASS MEMORIAL MEDICAL CENTER

### Breastfeeding Support Group

Call 508-334-6455 to register, Valid e-mail needed to attend

\*\*\*For New Parents within your child's first year of life\*\*\*

### Breastfeeding Warm Line

Available by phone: Call 508-334-6455



# ONLINE BREASTFEEDING RESOURCES

## ZIP MILK

Find other local breastfeeding support by visiting [www.zipmilk.org](http://www.zipmilk.org) and entering your Zip Code



## MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH GENERAL RESOURCE LINK

<https://www.mass.gov/breastfeeding-initiative>



## BOSTON BREASTFEEDING COALITION- VITAL VILLAGE NETWORK

<https://bostonbreastfeeding.weebly.com/virtual-support-groups.html>



## MASSACHUSETTS BREASTFEEDING COALITION

<https://massbreastfeeding.org>

