



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

Breastfeeding Resources in the West End

Hospital/Clinic (Please call for a specific address/location)	Day (s)	Time (s)
San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support (Call for additional information and closest location.) 1-800-472-2321	M, W, Thurs. Tues. Fri.	7:30-5 pm 8:30-6 pm 7:30- 4 pm
Breastfeeding Helpline for WIC Chino and Pomona Offices (Call the breastfeeding helpline for additional information.) 1-888-278-6455	M-F	8-6 pm Answering machine for after hour calls
PHFE WIC Chino and Pomona Offices (Call for additional information and closest location.) 1-888-942-2229	M-F, some locations on Saturday	Varied times, call for more info
Pomona Valley Hospital Medical Center Lactation Center (Call for additional information.) 1798 N. Garey Avenue, Pomona, CA 91767 Free to all breastfeeding mothers and babies. 909-623-6455 or 909-623-MILK	BF Walk-in clinics M, Thurs., & Fri BF Support Class Tues. & Wed.	9-11:30 am
San Antonio Regional Hospital Healthy Beginnings Family Care Center in Upland (Call for additional information.) 1175 E. Arrow Hwy, Upland., CA 91786 (near the corner of 11th Ave & Arrow Hwy; parking lot is off Arrow Hwy) Free initial visit for San Antonio patients who have given birth at the hospital; \$25 fee for non-San Antonio patients , which includes weight and jaundice check. 909-920-6230	M, Tues., Thurs., & Fri.	9-1 pm 12-2:30 pm
Kaiser Permanente Ontario-Newborn Center. Ask for breastfeeding clinics and/or support group; call for an appointment. (For members only) 1-888-750-0036 or 909-609-3000	M-F	8-5 pm
Cleavage Club Breastfeeding Support Group 3rd Thursday of every month at 10:30 am; call or email for exact location and more info. Website: milkmaidlc.com (909) 287 –1243 or email: cass@milkmaidlc.com	3rd Thursday of every month	10:30 am



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

Breastfeeding Resources in the Central Valley

Hospital/Clinic (Please call for a specific address/location)	Day (s)	Time (s)
San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support (Call for additional information and closest location.) 1-800-472-2321	M, W, Thurs. Tues. Fri.	7:30-5 pm 8:30-6 pm 7:30- 4 pm
IBHS WIC Program and Breastfeeding Support in San Bernardino City (Call for additional information) 665 N D Street, San Bernardino, CA 92401 1-855-424-7942	M-F Sat.	8-5 pm 9-4 pm
Bosom Buddy Support Group for Breastfeeding Moms in San Bernardino (Spouses and children welcome; call for exact dates and times.) 665 N D Street, San Bernardino, CA 92401 909-708-8158 or 1-855-424-7942 x 309	Two Mondays during the month	Call for times and exact dates
Arrowhead Regional Medical Center (ARMC) in Colton (Call for more information about breastfeeding support (for babies born at the hospital only), prenatal classes, and postpartum support group) 400 N. Pepper Ave, Colton, CA 92324 909-580-3174 or 580-3300 Note: ARMC Breastfeeding Support Groups start January 2018; call 909-580-3343 for more info. English group meets Monday 10:30 am-12 pm. Spanish group meets Thurs. 11 am– 12:30 pm.	M-F	8-5 pm
Arrowhead Regional Medical Center (ARMC) Postpartum Support Group (Call for additional information; spouses and babies welcome; open to everyone.) 400 N. Pepper Ave, Colton, CA 92324 909-580-3530	3rd Tues. of the month	11-12 pm
Kaiser Permanente-Fontana Newborn Center. Ask for breastfeeding clinics and/or support group; call for an appointment. (For members only) 1-888-750-0036 or 909-609-3000	M-F	8-5 pm
St. Bernardine Medical Center Family Baby Center – (Located in a separate building near the hospital.) Free to all breastfeeding mothers and babies. 403 E Highland Ave, San Bernardino, CA 92404 909-881-4420	BF Walk-in clinic M, W, F Breastfeeding support group meets Thursdays	10-12 pm 1- 3 pm
Community Hospital of San Bernardino Breastfeeding Clinics (Call for additional information.) Free to all breastfeeding mothers and babies. 1725 Western Avenue, San Bernardino, CA 92411 909-806-1816	BF Walk-in clinic Tues. & Fri.	10-12 pm
My Bump to Bundle (breastfeeding information and resources; fee for service for lactation consultation.) www.mybumpbundle.com	Any Day	Any time



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

Breastfeeding Resources in the East End

Hospital/Clinic (Please call for a specific address/location)	Day (s)	Time (s)
San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support (Call for additional information and closest location.) 1-800-472-2321	M, W, Thurs. Tues. Fri.	7:30-5 pm 8:30-6 pm 7:30- 4 pm
Riverside-San Bernardino County Indian Health, Inc. WIC Program and Breastfeeding Support in Grand Terrace (Call for additional information and closest location.) 1-888-268-0008 ext. 4764	M, T, Wed. Thurs. Fri.	8-5 pm 8-7 pm 8-2 pm
Loma Linda University Children’s Hospital-Birth and Beyond Education Center (Offering childbirth, breastfeeding basics, infant & child CPR, newborn care, Moms and Move fitness classes, and much more.) Please visit the website for dates and times : www.lomalindababies.org Free Mothers’ Breastfeeding Circle Support Group meets at: 11215 Mountain View Avenue, Suite 179, Loma Linda CA 92354 (No registration necessary; walk-ins welcome; if you have any questions, please call 909-558-7496 or visit www.lomalindababies.org for contact info & class description.	Varied days and times Wed. & Fri. Sunday	Varied days and times 9:30-11:30 am 3-5 pm
Redlands Community Hospital–BF Clinic Perinatal Services & Family Clinic (Free for Medical and IEHP patients; fee for private consultation; free breastfeeding support group meets Mondays at 10 am; please call ahead for an appointment.) 802 West Colton Ave., Suite D, Redlands, CA 92374 909-793-6330	M-F Mon. (support group meeting)	9-5 pm by appt. 10 am
The Natural Birth Place in San Bernardino (Call for additional information; fee for service.) 909-567-2165; address: 1881 Business Center Drive, Suite 8 A, San Bernardino, CA 92408 Note: Free moms “Infant Feeding Café” support group meets the 1st Wednesday of the month, from 11 am-1 pm.	Any day 1st Wed. of month	Call to schedule an appointment 11 am– 1 pm
Birth Your Way Birth Center in Yucaipa and Cathedral City (Call for additional information and location; fee for service.) 909-343-8766	Any day	Call, leave message
Parkview Community Hospital Lactation Clinic in Riverside (Call for additional information about prenatal/breastfeeding classes, and other maternity services.) Founder’s Center, 3865 Jackson Street, Riverside, CA 92503 951-688-2211 ext. 4111 or ext. 1491	M-F	By appointment
Hemet Valley Medical Center Breastfeeding Clinic 1117 East Devonshire Ave., Hemet, CA 92543, Room 105 951-652-2811ext. 5440	Walk-ins welcome on Wed.	10:00 am -12 pm



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

Breastfeeding Resources in the East End Continued

Hospital/Clinic (Please call for a specific address/location)	Day (s)	Time (s)
Best Fed Babies Virtual Breastfeeding Help (Provide breastfeeding help via Skype; fee for service.) 951-961-1135	Any day	Call and leave message
Lactation Connection (Call for additional information; fee for home consultation.) 951-533-3606	Any day	Call and leave message
Riverside Community Hospital Breastfeeding Center (Note: see special needs babies.) Free to all breastfeeding mothers and babies; walk-ins welcome until 12 pm. 4410 Brockton Ave, Riverside, CA 92501 951-684-4621 Note: Times will change after Nov. 13, 2017; new time will be Monday & Thursday from 10 am-2 pm	Mon. & Thurs. Except 2nd Thurs of the month	9-1 pm 10-2 pm
Riverside University Health System WIC Program (Call for additional info and closest location.) 1-855-748-4376	M-F	8-5 pm
Riverside University Health System Loving Support Program/Breastfeeding Support Helpline (English and Spanish-speaking certified lactation specialists and Internationally Board Certified Lactation Consultants (IBCLCs) are available 24 hours a day, 7 days a week to answer your questions.) 1-888-451-2499	7 days a week	24 hours a day (after hours, please leave a message)
Kaiser Permanente Riverside (Ask for breastfeeding clinics and/or support group; call for additional information and an appointment.) (For members only) 1-866-883-0119 or 951-352-0292	M-F	8-5 pm
La Leche League, Inland Empire (Breastfeeding resources and meeting dates/times for the I.E.; website has telephone numbers for La Leche League leaders; call for help and leave a message. www.lllie.org	Any day	BF resources on website; call and leave message
Corona Regional Medical Center-Baby Connection Center (For babies born at the hospital only; call for an appointment; free support group for moms, call for more info.) 800 South Main Street, Corona, CA 92882 951-808-6721	Any day	Call and leave message
After Baby Arrival Breastfeeding Support at Rancho Springs Medical Center in Murrieta (Fee for consultation) 25500 Medical Center Drive, Murrieta, CA 92562 951-440-8428	Any day	Call and leave message
Mother-Baby Connection Breastfeeding Services at Loma Linda University Medical Center in Murrieta (Free to all breastfeeding mothers after delivery at any time; call for an appointment.) 951-704-1325 or 951-290-4323 28062 Baxter Rd, Murrieta, CA 92563	Any day	Call to speak to someone or leave message
Breastfeeding Support Services in Riverside County (Free home visits from RN/IBCLC; call for additional information and eligibility requirement.) 951-201-4156 or 951-201-4989	M-F	9-5 pm



Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed below that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

Breastfeeding Resources in the Desert/ Mountains

Hospital/Clinic Location (Please call for a specific address/location)	Day (s)	Time (s)
San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support (Call for additional information and closest location.) 1-800-472-2321	M, W, Thurs. Tues. Fri.	7:30-5 pm 8:30-6 pm 7:30- 4 pm
Community Action Partnership of Kern WIC Program and Breastfeeding Support in Adelanto, Big Bear, Crestline/Lake Arrowhead, Phelan 1-866-327-3074 *Note: Varied times; call for more info and exact address.	M-F	8-4 pm *
Desert Valley Medical Center in Victorville -(Free to breastfeeding mothers who deliver at the hospital; call for additional information.) 16850 Bear Valley Road, Victorville, CA 92395 1-760-241-8000 then dial ext. 8100 or 8256	Varied days	Call for more info and appointment
Kaiser Permanente-Victorville. Ask for breastfeeding clinics and/or support group; call for an appointment. (For members only) 909-427-3902 or 909-609-3000	M-F	8-5 pm
St. Mary's Medical Center in Apple Valley-Community Health/Mommy and Me Center (Free to all breastfeeding mothers and babies; call for an appointment and more information.) 18077 Outer Hwy 18, Suite 100, Apple Valley, CA 92307 760-242-2311 ext. 8437 or 8443	M-F	9-5 pm
Barstow Community Hospital (Call for an appointment and BF class schedule; breastfeeding support group meets every Thurs. 1-3 pm.) 760-957-3323; 820 E Mountain View St, Barstow, CA 92311	M-F	Call for more info and appointment
High Desert Medical Center in Joshua Tree-Labor and Delivery Dept. (Only for patients that deliver at the hospital; provide bedside breastfeeding support.) 760-366-0740; 6601 White Feather Road, Joshua Tree, CA 92252	Any day	Call for more info and appointment
Desert Regional Medical Center in Palm Springs-Healthy Beginnings & Maternity Boutique (Free to all breastfeeding mothers and babies; call for additional information.) 760-416-4754; 1150 N Indian Canyon Dr, Palm Springs, CA 92262	M-F	8-4:30 pm
The Mom and Dads Project in Big Bear Lake (Call for an appointment and more information about classes ; 41820 Garstin Drive, Big Bear Lake, CA 92315 (909) 878-2326	M-Thurs.	9-5 pm
Ridgecrest Regional Hospital-Maternal Child Unit - (Lactation services, childbirth classes, as well as to register for classes year round; call for an appointment.) 760-499-3032 (direct line for breastfeeding help) or 760-499-3831 (to register for classes); 1081 N. China Lake Blvd., Ridgecrest, CA 93555	M-F	8-5 pm Call for more info and leave message for call back