

Breastfeeding Clinics and Support Groups in Your Community

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 CLINICS:

Hospital/Clinic Location	Day(s)	Time
<u>Barstow Community Hospital New family Follow Up Center</u> (760) 256-1761 820 E. Mountain View Street, Barstow	Thursday	1pm-3pm
Breastfeeding Support Group FREE...to <u>all</u> breastfeeding mothers and babies. Call for appointment and for date of support group.	Thursday	1pm-3pm
<u>Chino Valley Medical Center Birth & Beyond Center</u> (909) 464-8939 5451 Walnut Avenue, Chino FREE... to <u>all</u> breastfeeding mothers and babies. Call for an appointment.	Monday & Thursday *Support group only	8am-7pm
<u>Community Hospital of San Bernardino Breastfeeding Clinic & Support Group</u> (909) 806-1816 (during clinic hours) 1725 Western Avenue, San Bernardino On Western Avenue between Highland Avenue and 17th. FREE... to <u>all</u> breastfeeding mothers and babies. No appointment necessary.	Monday Tuesday and Thursday	11am-1pm 10am-12 noon
<u>Corona Regional Medical Center Baby Connection Center</u> (951) 808-6721 760 S. Washburn Ave Suite 26, Corona Free...to <u>all</u> breastfeeding mothers and babies.	Monday - Friday	Call for appointment
<u>Desert Valley Medical Center-Birth & Beyond Center</u> (760) 241-8000 extension 8256 16850 Bear Valley Road, Suite 203, Victorville FREE... to <u>all</u> breastfeeding mothers and babies. No appointment necessary.	Monday, Tuesday, Wednesday, Friday Thursday BF Group 1 st Friday each month	9:00am-4:00pm 1:00pm-4:00pm 10:45am-12:00pm
<u>Pomona Valley Hospital Medical Center Lactation Center</u> (909) 623-MILK or (909) 623-6455 1798 N. Garey Avenue, Pomona FREE...outpatient breastfeeding consultations. FREE...Mommy & Me Breastfeeding Support Class; call for directions.	Monday, Thursday, Friday Tuesday, Wednesday	9am -12 noon 1pm - 4pm

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BREASTFEEDING CLINICS (continued):

Hospital/Clinic Location	Day(s)	Time
<u>Redlands Community Hospital-Family Clinic</u> (909) 793-6330 802 W. Colton Ave, Suite D., Redlands 11985 4 th Street, Suite 116, Yucaipa, CA 92399 Call for directions.	Monday-Friday \$40.00/Hr. Group-Monday \$10.00	9am - 5pm Appt. only 10am-12pm
<u>Riverside Community Hospital Women's Services Clinic</u> (951) 684-4621 (during clinic hours only) 4410 Brockton Ave, Riverside, CA 92501 Corner of Brockton and 14 th Street FREE...to <u>all</u> breastfeeding mothers and babies.	Monday, Wednesday, Friday	9am -1 pm *3 rd Wednesday 9am-11am
<u>San Antonio Community Hospital Healthy Beginnings Family Care Center</u> (909) 920-6230 for breastfeeding Healthy Beginnings Newborn Feeding Center 1125 E. Arrow Hwy, Upland (On the corner of 11 th Avenue & Arrow Hwy; parking lot is off of 11 th Ave.) Urgent breastfeeding question? Call (909) 821-4849 \$25.00 fee for non-San Antonio patients. (includes weight and jaundice check)	Monday, Tuesday, Thursday, Friday	9am - 1pm
<u>St. Bernardine Medical Center Family Baby Center</u> (909) 881-4420 2101 N. Waterman. Ave. San Bernardino FREE...to <u>all</u> breastfeeding mothers and babies.	Monday, Wednesday, Friday BF Support Group Thursday	10:00am - 12 noon 1pm-3pm
<u>St. Mary's Regional Medical Center-Mommy and Me Program</u> (760) 242-2311, extension 8443 18077 Outer Hwy 18, Suite 100, Apple Valley FREE...to all breastfeeding mothers and babies.	Call for appointment	By appointment only
<u>The Mom and Dads Project</u> (909) 878-2326 41820 Garstin Dr. Big Bear Lake, CA 92315	Monday-Friday	Call for appointment

BREASTFEEDING SUPPORT GROUPS:

Inland Empire

Redlands-Citrus La Leche League...morning and evening meetings

Meets the 2nd Tuesday of every month at 10 a.m.

LOCATION: Redlands-University United Methodist Church Nursery, 940 E. Colton Avenue, Redlands

If you have a question that cannot wait for a meeting, please call one of the leaders listed below:

Inland Empire Leaders: Linda (909) 795-6948 (Yucaipa) Becky (909) 433-9331 (Colton) becky@ranchoprojectos.us

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