Breastfeeding Help

- Backus Hospital
  860-889-8331 ext. 2255
- Lawrence + Memorial Hospital
  860-442-0711 ext. 2024
- La Leche League Hotline
  860-563-6624
  860-519-4801 Spanish
- Office of Women's Health
  800-994-9662 M-F
- TVCCA Norwich (IBCLC Support)
  860-425-6527
- TVCCA Norwich (Peer Support)
  860-425-6590

Hospital Support

Support leads to success. These hospitals offer free group help from a certified lactation professional:

- Backus Hospital: Tuesdays & Thursdays 10 AM-12 PM
- Lawrence + Memorial Hospital: Tuesdays 10 AM-11 AM
- Day Kimball Healthcare’s Family Advocacy Center: 1st Monday each month 11 AM-12 PM
Women, Infants, & Children

**Tolland & Windham Counties**

**ACCESS Agency WIC**
Serving Tolland towns: Columbia, Coventry, Mansfield, Union, Ashford, Brooklyn
Serving Windham towns: Canterbury, Chaplin, Eastford, Hampton, Killingly, Pomfret, Putnam, Scotland, Sterling, Thompson, Windham, Woodstock
860-450-7405

**East Hartford WIC**
Serving: Andover, Bolton, Ellington, Hebron, Somers, Stafford, Tolland, Vernon, Willington 860-528-1458

**Windham Hospital**
Breastfeeding education classes held monthly on Wednesdays or Sundays. Call for dates & times. 860-456-6973

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**New London County**

**ACCESS Agency WIC**
Serving: Lebanon 860-358-4070
Day Kimball WIC
Serving: Plainfield 860-928-3660

**East Hartford WIC**
Serving: Colchester 860-528-1458

**Middletown WIC**
Serving: Lyme & Old Lyme 860-358-4070

**Baby Cafe**
Free lactation support resource to breastfeeding moms and support person by trained staff. Meet up with other moms monthly. Snacks provided. First Monday every month 1-3 PM Otis Library 261 Main St. Norwich in the 2nd floor Children's room.

**Backus Hospital**
Norwich hospital offering infant care, childbirth and breastfeeding education classes, and a breastfeeding support group hosted every Tuesday & Thursday 10 AM-12 PM, Birthing Center Conference Room backushospital.org

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**New London County**

**Madonna Place**
Provides family support for Norwich area residents. Services: newborn home visits, parenting education and father peer support groups.
madonnaplace.org or 860-886-6600

**TVCCA WIC**

**Visiting Nurse Association of Southeastern Connecticut**
**Nurse Family Partnership**
Home visits by a registered nurse for prenatal and postpartum care to 1st time mothers. Provides service to Spanish-speaking families and families stationed at the New London Naval Submarine Base. vnasc.org or 860-444-1111 ext. 281