

Breastfeeding USA

Breastfeeding support over the phone, during monthly meet-ups, or via Face Book chat groups from volunteer breastfeeding counselors. ctbreastfeedingusa.org

Connecticut Breastfeeding Coalition (CBC)

Non-profit group working to protect, promote and support breastfeeding. Provides information on state breastfeeding laws, returning to work while breastfeeding, and lactation resources. breastfeedingct.org

La Leche League

Local leaders help moms meet their breastfeeding goals, through support, encouragement, information and education, Monthly meet-ups and phone support. Illct.org

Milk Bank North East

Regional resource to donate or receive screened donated human milk for your infant. milkbankne.org

ZipMilk

Locate lactation help near you, search by your zip code. zipmilk.org



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

Eastern CT Breastfeeding Resource Guide



WIC provides healthcare referrals, nutrition education, breastfeeding promotion and support, and supplemental foods for pregnant women, post partum mothers, and children under 5 years old.

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**

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

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

Serving: Bozrah, East Lyme, Franklin, Griswold, Groton, Ledyard, Lisbon, Montville, New London, North Stonington, Norwich, Preston, Salem, Sprague, Stonington, Voluntown, Waterford
860-889-1365 New London area
860-425-6620 Norwich area

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**