

# Wright County Breastfeeding Resource List



## Buffalo

### Allina Health - Buffalo Hospital

Outpatient Lactation Services  
Monday – Friday: typically 7 am – 3 pm but times may vary  
Call (763) 684-7630 to schedule an appointment

### Stellis Health-Buffalo Clinic

Lactation appointments available in clinic.  
Monday-Friday: typically 8am-6pm but times may vary  
Call (763) 682-1313 to schedule an appointment

### Breastfeeding Classes

*Breastfeeding and Lactation Basics*  
\$30, at Buffalo Hospital  
Visit: <http://wellness.allinahealth.org/events> and enter keyword *breastfeeding*

### Buffalo Baby Café

A free family-friendly drop-in breastfeeding support group sponsored by Buffalo Hospital and Wright County Public Health. Babies and children welcome; open to the public. Wright County Historical Society (Heritage Center)  
Wednesdays: 10 am – 12 pm  
(763) 684-7630

## Monticello

### CentraCare Health – Monticello

Outpatient Lactation Services  
Available 24/7  
Call (763) 271-2218 to schedule an appointment

### Stellis Health-Monticello Clinic

Lactation appointments available in clinic.  
Monday-Friday: typically 8am-6pm but times may vary  
Call (763) 295-2921 to schedule an appointment

### Breastfeeding Classes

*Bravo Baby: Successful Breastfeeding*  
\$10, at CentraCare Health - Monticello  
Visit: <http://www.centracare.com/events/> and search for *breastfeeding* - questions call 763-271-2218

### Movie Night To-Go Kit

*Better Breastfeeding: Your Guide to a Healthy Start* by Injoy Videos (English or Spanish)  
\$20, DVD rentals available for 2 weeks  
CentraCare Health – Monticello Birth Center  
(763) 271-2218

### Mothering Circle

A free family-centered, drop-in postpartum support group. Topics include breast and bottle feeding, baby developmental stages, infant massage and postpartum emotions. Babies & children welcome; open to the public. CentraCare Health – Monticello Conference Room  
Second and fourth Mondays of the month: 10 am – 11 am  
(763) 295-2921

## Maple Grove

### Maple Grove Hospital

Outpatient Lactation Services  
Open 7 days a week.  
Call (763) 581-2021 to schedule an appointment

### Breastfeeding Classes

*Breastfeeding*  
\$30, at Maple Grove Hospital  
Visit: <https://www.maplegrovehospital.org/classes> and scroll down to find *breastfeeding*

### Mommy & Me Breastfeeding Support Group

Free drop-in breastfeeding support group where mothers support one another, ask questions or voice concerns.  
Maple Grove Hospital - Medical Office Building  
LL Conference Room  
Tuesdays: 10:30 am – 12 pm  
(763) 581-2021

## St. Cloud

### St. Cloud Hospital

Breastfeeding helpline: (320) 251-2700 x52311  
Monitored 7 am – 3 pm daily including weekends and holidays; leave a message to receive a call-back.

### Breastfeeding Classes

*Bravo Baby: Successful Breastfeeding*  
\$10, at St. Cloud Hospital  
Visit: <http://www.centracare.com/events/> and search for *breastfeeding*

### CentraCare Clinic – Health Plaza

Outpatient lactation services  
Available 8:30am – 4:30pm  
Call (320) 654-3610 to schedule an appointment. If not a CentraCare patient, meet with a provider first for a new patient consult.

### La Leche League of St. Cloud

La Leche League groups provide mother-to-mother support, encouragement, and education to pregnant and breastfeeding mothers. Group meets at Westwood Church - 5719 Walnut Dr., St. Cloud, MN 56303 on the second Thursdays at 10:15 am & fourth Mondays at 6:30 pm. La Leche League Leaders are also available by phone for individual consultation whenever you have breastfeeding questions or concerns.

- Cali: (320) 281-9095
- Jackie: (320) 200-9470
- Kay: (320) 252-8467

Visit: <http://www.llofmndas.org/st-cloud.html>

## Waconia

### Ridgeview Medical Center

Outpatient Lactation Services

Monday – Friday: 8 am – 3 pm

Call (952) 442-2191 x36401 to schedule an appointment

### Breastfeeding Classes

*Breastfeeding*

\$40, at Two Twelve Medical Center in Chaska

Visit: <http://health.ridgeviewmedical.org/events> and enter keyword *breastfeeding*

## Wright County

### Wright County Community Action WIC

The Women, Infants and Children program (WIC) offers breastfeeding education and support to pregnant and breastfeeding moms who meet income guidelines. Breast pumps may be available to WIC participants.

For eligibility, locations and hours, call: (320) 963-6500 or email: [wic@wccaweb.com](mailto:wic@wccaweb.com)

### Wright County Public Health

Public Health Nurses trained in lactation support are available to answer breastfeeding questions or provide free home visits to any Wright County resident.

Monday – Friday: 8 am – 4:30 pm  
(763) 682-7468

## Telephone Resources

### Breastfeeding Helpline

National Women's Health Information Center provides and locates nursing mother support

[www.Womenshealth.gov](http://www.Womenshealth.gov)

Monday – Friday: 9 am – 6 pm ET (English and Spanish)  
(800) 994-9662

### Infant Risk Center

Up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding

Monday – Friday: 8am – 5pm  
(806) 352-2519

## Apps

**CentraCare Baby** (free) – resource to build confidence related to pregnancy, birth, breastfeeding and adjustment to parenting

**Collective** (free) – a tool to help pregnant women set and reach their goals

**LactMed** (free) - database of drugs and dietary supplements that may affect breastfeeding

**MommyMeds** (\$3.99) – easy to understand information on drug safety and ingredients of medications for all pregnant and breastfeeding mothers

**Breastfeeding Solutions** (\$4.99) – a guide to overcoming most common breastfeeding problems

## Internet Resources

### American Academy of Pediatrics

<http://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx>

### Center for Disease Control and Prevention

<http://www.cdc.gov/breastfeeding/>

### Kelly Mom

<http://kellymom.com/>

### Minnesota Breastfeeding Coalition

<https://mnbreastfeedingcoalition.org/for-families/>

### MN Department of Health

<http://www.health.state.mn.us/wic/bf/>

## Breastfeeding Supplies/Pumps

- Medical Assistance will usually cover double-electric pumps with a doctor's order, when mother and baby will be separated
- Check with your medical plan for coverage as your insurance may be accepted at certain locations only

### Ameda ParentCare

[www.ameda.com/product-locator/](http://www.ameda.com/product-locator/)

(866) 99-AMEDA

### Freedom Medical

[www.freedommedical.com](http://www.freedommedical.com)

(800) 784-8849

### Hygeia Breast Pumps

[www.hygeiahealth.com](http://www.hygeiahealth.com)

(714) 515-7571 extension #1

### Kay's Breast Pumps

Hospital grade pumps available to rent  
Parts/supplies for Ameda and Medela pumps  
(320) 252-8467

### Medela Pumps

[www.medelabreastfeedingus.com/bnnsearch](http://www.medelabreastfeedingus.com/bnnsearch)

(800) 435-8316

### Milk Moms

[www.milkmoms.com](http://www.milkmoms.com)

(763) 413-0129

### Reliable Medical Supply

[www.reliamed.com](http://www.reliamed.com)

(763) 255-3800

Created and maintained by the Wright County Breastfeeding Coalition • Supported by the Statewide Health Improvement Partnership, Minnesota Dept. of Health • Last updated March 2018 • Available at [www.livewright.org](http://www.livewright.org) • For more information contact Wright County Public Health at (763) 682-7456

