# Breastfeeding Support Groups

Breastfeeding support and information for pregnant women as well as new parents and babies

You do not have to be on the WIC Program to come.  
**Please call to confirm location!**

## Pittsburg—Antioch—Brentwood—Oakley

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<tbody>
<tr>
<td><strong>La Leche League</strong></td>
<td>3rd Friday of every month</td>
<td>English 10:00 AM</td>
<td>First 5- downtown Antioch Call Mary for date and time (925) 550-6459</td>
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| *Mary (925)754-1284  
*Julie (925)757-6767 | | | |
| **WIC Breastfeeding Support Group** | 2nd Monday of every month | Spanish 9:30 AM-11:30 AM  
English 1:30 PM-3:30 PM | Pittsburg Health Center  
2311 Loveridge Rd  
Pittsburg, CA 94565 |
| *Claudia (925)431-2465  
*Liza (925)431-2467 | | | |
| **Lactation Lounge Mommy Group** | 3rd Wednesday of every month | English  
5-7PM | Pittsburg Health Center  
Cypress Room  
2311 Loveridge Rd  
Pittsburg, CA 94565 |

## Concord—Walnut Creek—Pleasant Hill—Martinez—Lafayette

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| **La Leche League** | 3rd Wednesday of every month | English 3:00 PM | Bloom Retreat  
1444 South Main St  
Walnut Creek, CA 94596 |
| *Anuta (925) 818-4355 | | | |
| **WIC Lactation Club** | 2nd Thursday of every month | Spanish 9:00 AM-11:30 AM  
English 1:30 PM-3:30 PM | Concord WIC Office  
2355 Stanwell Circle  
Concord, CA 94520 |
| **WIC Club De Lactancia** | | | |
| *Araceli (925)646-5534 | | | |

## Danville—San Ramon—Alamo

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| **La Leche League** | 4th Tuesday of every month | English 10:00 AM | San Ramon Medical Center  
600 Norris Canyon Rd  
San Ramon.  
(Use South/Family Birthing Center entrance, meets in Blackhawk A room) |
| *Maggie (510) 703-4636 | | | |

## Richmond—Pinole

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| **Bay Area Breastfeeding Support** | 2nd Friday of every month | English 4:30-6 PM | 880 Tenant Avenue  
Alex Clark Room  
bottom floor of Police Department |
| *Serena (510)612-4000 | | | |

## Breastfeeding Warm Line Services

1-866-878-776 (available in Spanish and English, calls are returned in 24 hours)