



### BREASTFEEDING EDUCATION CLASSES

#### READY, SET, BABY

Mondays @ 12:00pm and 2:00pm  
Tuesdays in Spanish @ 11:00am  
Virtual Zoom Classes - 75-90 minutes



#### HUG YOUR BABY

Select Saturdays @ 12PM  
Virtual Zoom Classes - 2 hours



#### MAYO CLINIC EDUCATION CLASSES

In-person and Virtual options  
Filter Dropdown: "Prenatal & Parenting"  
Enter Zipcode and select "any distance"



#### TLC-THE LACTATION CIRCLE

1st and 3rd Wednesday of each month  
In Person - 10AM-12PM  
Western WI Health Fitness Center Playroom



### LOCAL HOSPITAL AND CLINIC INFORMATION

#### MAYO CLINIC HEALTH SYSTEM

Lactation Services: 715-838-5025  
Services available in Menomonie, Barron, Chippewa Falls, and Barron

#### MARSHFIELD CLINIC HEALTH SYSTEM

Lactation Services: 715-858-8446  
Not all Health System Locations offer outpatient services\*\*

#### WESTERN WI HEALTH

Lactation Services: 715-684-1111  
Baldwin, WI

#### OAKLEAF CLINICS

Scheduling and Services: 715-839-9280  
Services available in Chippewa Falls and Eau Claire

### TELEPHONE AND WEB-BASED SERVICES

#### FACEBOOK GROUPS:

Type into Search:

- Western WI WIC Breastfeeding Support Group
- La Leche League National Group
- WIC Mom Strong

#### WEBSITES

La Leche League: [llusa.org](http://llusa.org)

WIC Breastfeeding Support: [wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov)

Workplace Support: [usbreastfeeding.org](http://usbreastfeeding.org)

Hug Your Baby: [hugyourbaby.org](http://hugyourbaby.org)

#### NATIONAL HELPLINES

National Women's Health and Breastfeeding Helpline:  
1-800-994-9662

Monday through Friday talk with a trained breastfeeding peer counselor in English or Spanish. Free.

Ohio Statewide Breastfeeding Hotline by the Appalachian Breastfeeding Network:

1-888-588-3423 or text "BFHOTLINE" to 839863  
Answered by lactation professionals 24/7-365.

Serves all languages using interpreter services. Free.

#### WIC CLINIC CONTACT INFORMATION:

GRACE POLIAK, MS, RD

WIC BREASTFEEDING COORDINATOR

CALL OR TEXT: 715-279-7235

ROCHELLE KROENING

WIC BREASTFEEDING PEER COUNSELOR

CALL OR TEXT: 715-279-2839