



Breastfeeding Education Live Classes

Baby Cafe

Free weekly drop-in group for breastfeeding/chestfeeding parents and their nurslings. Check [Stillwater Baby Cafe | Facebook](#) for most up to date location.

The Latch breastfeeding support group

Free. Meet other moms, weigh your baby, participate in a new breastfeeding/infant care topic each week, and ask questions. Each group will be led by an experienced lactation consultant. Please call for most up to date schedule (800)828-3627

TLC: The Lactation Circle

Free. Join the group for expert guidance, community connection, educational workshops and to share and support each other.

1st Wednesday of the month at Western WI Health Fitness Center Playroom.

3rd Wednesday of the month at the Family Resource Center in Baldwin Breastfeeding questions or to RSVP call Kayla at 715-684-1458

Hospital & Clinic Lactation support

(click on the location below to be directed to the website)

[Pierce County Public Health](#): 715-273-6755

[Pierce County WIC](#): 715-243-6758

[St. Croix County Public Health](#): 715-246-8263

[Hudson Heath Partners](#) (1,3,5,6): 715-531-6572

[Western WI Health](#) (1,3,4,5,6): 715-684-1458

[Westfields Hospital & Clinic](#) (1,3,6): 715-243-2680

[Osceola Medical Center](#) (1,5): 715-294-2111

[Mayo Clinic, Redwing](#) (1,4): 651-267-5600

[Mayo Clinic, Eau Claire](#) (1): 715-838-6100

[Woodwinds, Woodbury](#) (1): 651-232-0228

[Lakeview Hospital, Stillwater](#) (1,3,4,6): 651-439-5330

Phone, Virtual, and Web-Based Services

Facebook Group

Western WI WIC Breastfeeding Support Group - www.facebook.com/groups/3846669648679507

Hug Your Baby Digital Parent Resources

www.hugyourbaby.org/wisconsin-wic-hug

National Helplines

National Women's Health & Breastfeeding Helpline: Monday through Friday, at 1-800-994-9662 to talk with a trained breastfeeding peer counselor in English. Free.

Reliable Websites

- Breastmilk Counts Videos: <https://www.breastmilkcounts.com/get-help/video-blogs/>
- WIC Breastfeeding Support: wicbreastfeeding.fns.usda.gov
- Workplace Support: www.usbreastfeeding.org/workplace-law-guide.html (includes information about your rights to breastfeed)
- DHS Office on Women's Health: <https://www.womenshealth.gov/breastfeeding>
- LowMilkSupply.org: <https://www.lowmilksupply.org/>
- Infant Risk Center: <https://www.infantrisk.com/breastfeeding>

St Croix County WIC Contact Information:

Phone: 715-246-8359

email: WIC@sccwi.gov

Breastfeeding Peer Counselor:

Heidi: 715-410-2418 (call or text)