

BREASTFEEDING SUPPORT GROUPS

Mother Baby Center of United Hospital

Wednesdays 1:30-2:30PM
651-241-6252

Lactation Lounge (Highland Park Library)

2nd Tuesday of each month 10-12PM
651-266-1300

Park Nicollet Clinic Methodist Hospital St. Louis Park

Every Thursday 10-11:30AM

Heart 2 Heart Blaine Human Service Center

2nd Thursday 10-11:30AM
4th Wednesday 2-3:30 PM
763-324-4230

Ready, Set, Breastfeed Breastfeeding class Blaine Human Service Center


4th Wednesday 10-11AM
763-324-4230

TELEPHONE AND ONLINE SUPPORT

LA LECHE LEAGUE

 www.llusa.org

NATIONAL BREASTFEEDING HELPLINE


 1-800-994-9662
M-F 9-6 PM ET

OKLAHOMA 24 BREASTFEEDING HOTLINE

 1-877-271-MILK (6455)
Text OK2BF to 61222

INFANT RISK CENTER

Provides information on medications
and breastfeeding

 1-806-352-2519
M-F 8-3PM CST

 www.infantrisk.com

FACEBOOK: SEARCH ANOKA COUNTY BREASTFEEDING SUPPORT



BREASTFEEDING RESOURCES

ANOKA COUNTY WIC

763-324-4230



This Institution is an equal
opportunity provider

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IN-PERSON LACTATION SUPPORT

CHILD & TEEN MEDICAL CENTER

763-333-7733
Blaine 7:30-7PM (M-Thrs)
7:30-5PM (Fri)
Fridley 7:30-5PM (M-F)

MERCY HOSPITAL

763-236-7430 Helpline
Appointments: Thursday 10-2Pm

NEIGHBORHOOD HEALTHSOURCE

612-588-9411 Call for availability

PARTNERS IN PEDIATRICS

763-559-2861
8-6:30PM (M-Thrs)
8-4:30PM (Fri)

UNITED HOSPITAL

651-241-6250
M-Sat 8-4PM

ANOKA COUNTY WIC

Lactation consultants and
breastfeeding peer counselors
available to provide help.

Call for availability: 763-324-4230

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BREAST PUMP PARTS AND CUSTOMER SERVICE

Ameda
1-866-992-6332
M-F 8-4:30pm CST
ParentCare@ameda.com

Evenflo
support@evenflofeeding.com
M-Th 8-4:30pm EST
Fridays 8-12:30pm EST

Medela
1-800-435-8316
M-F 7:30- 5pm CST

Spectra
1-855-405-0993 ext. 1
M-F 9 - 5pm EST.

Some pump manufacturers will provide a complimentary flange should you need a different size. Contact your pump manufacturer for additional information.

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OBTAINING A BREASTPUMP

Most insurance companies will provide a breast pump free of charge. Here are some resources for obtaining a breast pump.

Contact your insurance company.

Start by calling the customer service number on the back of your insurance card.

Everyday Miracles

Can help with applying for insurance coverage.

☎ 612-353-6293

🌐 everyday-miracles.org

Milk Moms

Breast pump boutique
Offers help with applying for insurance coverage. Provides breast pump consultation and can ship pumps nationwide.

☎ 763-259-8824

🌐 milk moms.com

Midwest Medical

☎ 763-780-0100

