

New Parent Resources

2-1-1 Contra Costa

Information on food, housing, health insurance, mental health & immigration; available 24/7

Dial 211
211cc.org

National Maternal Mental Health Hotline

24/7, free, confidential hotline for pregnant & new families in Spanish & English

call or text
1-833-943-5746
bit.ly/HRSA-Hotline

Family, Maternal, & Child Health

Black Infant Health, Nurse-Family Partnership, Perinatal Equity Initiative, Prenatal Care Guidance, & Sudden Infant Death Syndrome (SIDS) Programs

Monday - Friday
9 am - 5 pm
1-925-313-6254
cchealth.org/fmch

Doula Programs

No cost doula support for pregnant individuals during labor, birth, & recovery

CCRMC Doulas 1-925-370-5000 bit.ly/CCRMC_Doula

CoCo Doulas 1-510-232-5812 bit.ly/CoCo_Doulas
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Healthy Start

Prenatal care & education at Contra Costa's health centers & clinics

Martinez: 1-925-370-5495	Pittsburg: 1-925-431-2345	West County: 1-510-231-9469
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bit.ly/CCRMC_Healthy_Start

Planned Parenthood Clinics

Prenatal care & education

Antioch: 1-925-754-4550	Concord: 1-925-676-0300	Hilltop Richmond: 1-510-222-5290
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PlannedParenthood.org

Contra Costa WIC

Open Monday through Friday
8:00 am - 4:30 p.m.

Brentwood
925-513-6880
171 Sand Creek Rd
Ste A

Concord
925-655-1700
2731 Systron Dr.
Suite 200

Pittsburg
925-431-2460
2311 Loveridge Rd

San Pablo
510-942-4000
501 Gateway Ave

Apply Online or By Phone



cchealth.org/WIC
1-800-414-4WIC

Follow us on social media!



@ContraCostaWIC

WIC Supports Families With
Breastfeeding/Infant Feeding
Nutrition Education
Electronic Food Benefits
Referrals to Healthcare and
Other Community Services

WIC serves pregnant individuals, new parents, grandparents, foster & adoptive parents with children up to age 5. Migrant workers & working families are welcome at WIC



This institution is an equal opportunity employer

Updated: March 2023

Contra Costa County's Breastfeeding Resource Guide



Breastfeeding Support

Contra Costa Health Services Advice Nurse

24 Hour assistance in obtaining breastfeeding support or health services

1-877-661-6230 option 1

bit.ly/CCHP_Advice_Nurse

Contra Costa Health Plan

Self-Referral Lactation Services for CCHP members with infants ages 0-12 months

(877) 661-6230 option 1

bit.ly/CCHP_Breastfeeding

Available only to CCHP members

Helplines

Contra Costa Warm Line
(866) 878-7767
1 for Spanish
2 for English

Leave a message with your name, phone number, and breastfeeding concern. Calls will be returned within 24 hours.

OASH Helpline
1 (800) 994-9662

Available from 6 a.m. to 3 p.m. Monday through Friday.

Free access to breastfeeding peer counselors & women's health information specialists

bit.ly/OASH_Breastfeeding

La Leche League

Pittsburg & Antioch

contact:
marinellecc@gmail.com

bit.ly/LLL_Pittsburg-Antioch

Briones

contact:
510-289-5807 (Erin)
415-633-6441 (Natalie)

bit.ly/LLL_Briones

Find a Lactation Consultant

bit.ly/BALA_Directory

bit.ly/ILCA_Directory

Breastmilk Bank

To become a recipient of donated breastmilk or to donate breastmilk

Monday through Friday
8 am - 4:30 p.m.
1-877-375-6645

MothersMilk.org

Local Hospitals

Contra Costa Regional Medical Center
2500 Alhambra Ave
Martinez, CA
925-370-5000 (Main Line)
925-370-5608 Labor & Delivery

bit.ly/CCRMC_Maternity



John Muir Health
1601 Ygnacio Valley Rd
Walnut Creek, CA
Breastfeeding & Prenatal Education: 925-941-7900
Breastfeeding Support: 925-952-2777

JohnMuirHealth.com/breastfeeding



Kaiser Antioch Medical Center
4501 Sand Creek Rd
Antioch, CA
925-813-3879

Kaiser Walnut Creek Medical Center
1425 S Main St,
Walnut Creek, CA
925-295-5001

kp.org/diablo/breastfeeding

San Ramon Regional Medical Center
6001 Norris Canyon Rd
San Ramon, CA
925-275-9200

sanramonmedctr.com/services/obstetrics/

Sutter Delta Medical Center
3901 Lone Tree Way
Antioch, CA
925-779-7200

Sutter Alta Bates Summit Medical Center
2450 Ashby Ave.
Berkeley, CA
510-204-6546

bit.ly/SutterHealth_Breastfeeding



Contra Costa Regional Medical Center & John Muir Health are recognized as baby friendly by Baby Friendly-USA. As designated facilities, they uphold the highest standards for infant feeding care. For more information please visit: BabyFriendlyUSA.org

Other Resources

Videos & Visual Aids:

GlobalHealthMedia.org

FirstDroplets.com

Articles:

bit.ly/USDA_WIC_Breastfeeding

LLI.org

KellyMom.com

Medications & Breastfeeding

InfantRisk.com/forum/

MothertoBaby.org/fact-sheets/

bit.ly/NIH_LactMed_Database

Helplines:

Infant Risk Center:
1-806-352-2519
Monday - Friday
6 am - 3 pm

Mother to Baby:
1-866-626-6847
Monday - Friday
8 am - 5 pm

Did you know?
Some medications can be transferred to breastmilk and may be harmful to your baby

Legal Information About Breastfeeding in California

bit.ly/Work_and_Family_Legal_Aid

bit.ly/CDPH_Breastfeeding_Laws

CaliforniaBreastfeeding.org

Hotline:

Legal Aid at Work
1-800-880-8047

Did you know?
California has laws in place that protect breastfeeding individuals



CA Civil Code Section 43.3

A mother may breastfeed her child in any location, public or private, where the mother and child are authorized to be

CA Labor Code Section 1030-1034

Employers are required to provide breastfeeding employees:

1. A reasonable amount of break time to express breastmilk
2. A private place other than a bathroom to express breastmilk

Did you know?
The Affordable Care Act requires most insurance plans to cover costs of breast pumps

Breast Pumps

Please contact your healthcare provider to order your free breast pump