

# WORCESTER BREASTFEEDING RESOURCES

Breastfeeding is a beautiful journey, and along the way you may need support.

Talking to people you trust can help!

Visit the resources listed below:

## WORCESTER WIC & BABY CAFE

### WIC Peer Led Breastfeeding Support

**\*Available to WIC Participants only\***

**Monday–Friday 8:30 AM– 5:00 PM**

Please contact Shaira Lavandier at 774– 303–0272

### Baby Café

**\*Available to All\*** 26 Queen St. Ground floor, Conference Room 1

**Tuesday 10 AM–12 PM** in person with bilingual Latina staff

**Friday 10 AM–12 PM** in person or Zoom with bilingual Latina staff

**Monday 10 AM–12 PM** via Zoom **en Español**

**Zoom meeting ID for all: 99590327366**

**3rd Trimester Breastfeeding 101 Class Thursday 10 AM–12 PM**

**\*In person only\***

## SAINT VINCENT'S HOSPITAL

### Lactation Warm Line

Available by phone: Call 508–363–7499

Leave a Voicemail and a lactation specialist will return your call

## UMASS MEMORIAL MEDICAL CENTER

### Virtual Breastfeeding Support Group

Call 508–334–6455 to register, valid email needed to attend

\*\*\*For New Parents within your child's first year of life\*\*\*

### Breastfeeding Warm Line

Available by phone: Call 508–334–6455



# ONLINE BREASTFEEDING RESOURCES

## VIRTUAL LACTATION SUPPORT GROUPS AND BABY CAFÉS

Monday–Friday at various times  
View group times and zoom links:  
<https://cutt.ly/bf-groups>



## TELE-HEALTH WARMLINE

Available 7 days a week  
Call 857-301-8259 or email  
[breastfeedingboston@gmail.com](mailto:breastfeedingboston@gmail.com)



## ZIP MILK

Find other local breastfeeding support by visiting [www.zipmilk.org](http://www.zipmilk.org) and entering your zip code



## MASSACHUSETTS BREASTFEEDING COALITION

<https://massbreastfeeding.org>

