



# Wright County Area Breastfeeding Resource List



## Buffalo

### Allina Health - Buffalo Hospital

Outpatient Lactation Services  
Available 24/7. Call (763) 684-7640 to schedule a consult

### Breastfeeding Classes

Refer to Amma Parenting Center  
Available In-Person, Virtual, Online in the Twin Cities  
Visit: [ammaparenting.com](http://ammaparenting.com) and search for breastfeeding

### Buffalo Baby Café\*

Free breastfeeding support group  
Babies and children welcome  
Wright County Historical Society (Heritage Center)  
Wednesdays: 10 a.m. –12:00 p.m. (763) 684-7640

## Monticello

### CentraCare – Monticello

Outpatient Lactation Services  
Available 24/7  
Call (763) 271-2218 to schedule an appointment

### Breastfeeding Class

*Breastfeeding Class*- \$10, offered as a live online video class.  
Visit: [centracare.com/events](http://centracare.com/events) and go to Online Classes-  
questions call (763) 271-2218

### Monticello Baby Café\*

Free breastfeeding support group  
Mondays: 10 a.m. –12 p.m. at Monticello Community Center  
CentraCare – Monticello, (763) 271-2218

## St. Michael-Albertville

### Cornerstone Baby Café\*

Free breastfeeding support group  
Options for Women | Cornerstone: Fridays: 10 am –12 pm  
204 Central Ave East, St. Michael  
1:1 consults available by appointment only; (612) 584-9449

### New Kingdom Healthcare

Nurse Practitioner/IBCLC 1:1 consults available.  
Albertville location: 10904 57th St NE  
<https://newkingdomhealthcare.com/> (952) 999-0333

### Sunny Days Therapy

Speech Language Pathologists available who are certified  
lactation counselors. <https://sunnydaystherapy.com/>

## Maple Grove

### Maple Grove Hospital

Outpatient Lactation Services  
Open 7 days a week  
Call (763) 581-2021 to schedule an appointment

(Maple Grove- continued)

### Breastfeeding Classes

In-Person class or 'Understanding Breastfeeding' online  
course; \$30; 763-581-1808 or visit:  
[northmemorial.com/location/maple-grove-hospital/](http://northmemorial.com/location/maple-grove-hospital/) and  
select Groups & Classes

### Mommy & Me Breastfeeding Support Group

Free breastfeeding support group  
Maple Grove Medical Center - Medical Office Building  
Lower-Level Conference Room  
Wednesdays: 1:30 – 3:00 p.m. (763) 581-2021  
Visit: <https://northmemorial.com/pregnancy-birth-classes/#events-mommyMe>

## St. Cloud

### St. Cloud Hospital

Breastfeeding Help Line: (320) 251-2700 x52311  
Monitored 7 am – 3:30 pm  
Messages left afterhours will receive a call back within 24 hrs.

### Breastfeeding Classes

*Breastfeeding Class*  
Offered In-Person or online, \$10  
Visit: [centracare.com/events](http://centracare.com/events) -enter key word breastfeeding

### CentraCare Clinic – Health Plaza

Outpatient lactation services  
Monday – Friday: 8 a.m. – 4 p.m.  
To schedule an appointment.  
Call OB clinic (320) 654-3630 ext. 51990  
Call Pediatrics (320) 654-3610 ext. 70268

### St. Cloud Baby Café\*

Free weekly breastfeeding support group.  
St. Cloud Area Family YMCA  
Tuesdays 9:30 a.m. – 11:30 a.m.  
(320) 251-2700, ext. 51990

## Waconia

### Ridgeview Medical Center

Outpatient Lactation Services  
Monday – Friday: 8 am – 3 pm  
Call (952)-777-4658 to schedule an appointment

### Breastfeeding Classes

Visit: [health.ridgeviewmedical.org/events](http://health.ridgeviewmedical.org/events) -enter keyword  
*breastfeeding*

### Mom & Baby Connection

Free breastfeeding support group.  
Ridgeview partners with Carver County Public Health.  
Tuesdays and Thursdays: 10:00 a.m. – 11:30 a.m.  
Birthing Center rotunda (3<sup>rd</sup> floor, Waconia campus)  
(952) 777-4646 or (952) 361-1329

(Waconia- continued)

## Sunny Days Therapy

Speech Language Pathologists available who are certified lactation counselors; <https://sunnydaystherapy.com/>

## Sherburne County

### Fairview – Princeton

Free breastfeeding support group.  
Princeton ECFE Family Center, 706 First Street, Princeton  
Thursdays 10:30-1:00 pm. (763) 389-6329

## Wright County

### Wellspring Lactation

Free in-person breastfeeding support group  
Tuesdays: 10:30 am -12:00 pm. In-home breastfeeding  
consults, including prenatal consults.  
[wellspringlactation.com](http://wellspringlactation.com) or call (877) 840-2143.

### Wright County Community Action WIC

Women, Infants and Children program (WIC) offers  
breastfeeding education and support to pregnant and  
breastfeeding moms who meet income guidelines. Manual  
breast pumps may be available to WIC participants.  
For eligibility, locations and hours, call (320) 963-6500 or  
email [wic@wccaweb.com](mailto:wic@wccaweb.com)

### Wright County Public Health

Public Health Nurses trained in lactation support are available  
to answer breastfeeding questions or provide free home visits  
to any Wright County resident.  
Monday – Friday: 8 a.m. – 4:30 p.m. (763) 335-0280

## Milk Depots

CentraCare-St. Cloud, CentraCare-Monticello, Maple Grove  
Hospital, and Ridgeview-Waconia are HMBANA affiliated milk  
collection sites. If interested in donating breast milk, visit  
[www.mnmilkbank.org/donate-milk](http://www.mnmilkbank.org/donate-milk)

## Other Support Resources

### Breastfeeding Helpline

National Women's Health Information Center: (800) 994-9662  
Monday – Friday: 8 am – 5 pm CT (English and Spanish)  
[www.womenshealth.gov](http://www.womenshealth.gov)

### La Leche League of Minnesota

612-922-4996; [www.llofmdas.org/find-a-group.html](http://www.llofmdas.org/find-a-group.html)

### Infant Risk Center

Up-to-date evidence-based information on the use of  
medications during pregnancy and breastfeeding  
Monday – Friday: 8 am – 5 pm (806) 352-2519

## Apps

**Coffactive** (free) – a tool to help pregnant women set and  
reach their goals

**LactMed** (free) – database of drugs and dietary  
supplements that may affect breastfeeding

**MommyMeds** (free) – easy to understand information on  
drug safety and ingredients of medications for all pregnant  
and breastfeeding mothers

## Online Resources

### Kelly Mom

[kellymom.com](http://kellymom.com)

### Minnesota Breastfeeding Coalition

[mnbreastfeedingcoalition.org/individuals-families](http://mnbreastfeedingcoalition.org/individuals-families)

### MN Department of Health

[www.health.state.mn.us/people/wic/localagency/bf](http://www.health.state.mn.us/people/wic/localagency/bf)

### USDA WIC Breastfeeding Support

[Breastfeeding 101 | WIC Breastfeeding Support \(usda.gov\)](#)

## Breastfeeding Supplies/Pumps

- Breast pumps are available at hospitals
- Medical Assistance will usually cover double-electric  
pumps with a doctor's order
- Check with your medical plan for coverage as your  
insurance may be accepted at certain locations only

### AdaptHealth Minnesota-Buffalo

<https://adapthealth.com/>  
763-684-3840

### Ameda ParentCare

<http://www.ameda.com>  
(866) 99-AMEDA

### Hygeia Breast Pumps

[www.hygeiahealth.com](http://www.hygeiahealth.com)  
(714) 515-7571 ext. 2

### Medela Pumps

[www.medelabreastfeedingus.com/bnnsearch](http://www.medelabreastfeedingus.com/bnnsearch)  
(800) 435-8316

### Milk Moms

[www.milkmoms.com](http://www.milkmoms.com)  
(763) 259-8824

### Reliable Medical

[www.reliamed.com](http://www.reliamed.com)  
(763) 255-380

*\*Above Baby Cafés/lactation support groups are for participants to share experiences and learn about  
breastfeeding/chestfeeding. All aspects of feeding and pumping are supported. Receive up to date information from  
knowledgeable staff. No appointment needed. Scale is available to weigh your baby.*

• Created and maintained by the Wright County Breastfeeding Coalition •

For more information, contact Wright County Public Health: (763) 335-0280.

• Resource List is updated annually; last updated November 2023 •