



Free SF Bay Area Childbirth & Lactation Resources

Compiled with care by Leto's Maternity Isle

Every parent deserves support — no matter their insurance status or zip code. This curated list connects you to trusted, active resources across the SF Bay Area.

■ Lactation & Breastfeeding Support

■ Nursing Mothers Counsel (NMC)

■ nursingmothers.org | ■ Available on website

Free one-on-one lactation support via phone, text, email, video, and in-home visits across the SF Bay Area. Helpline staffed 9am–9pm, 7 days a week — including holidays and weekends. Also offers free breastfeeding classes and in-person support groups.

■ SF WIC Breastfeeding Warm Line

■ sf.gov | ■ (628) 217-6891

Free breastfeeding support for WIC participants from peer counselors and International Board Certified Lactation Consultants (IBCLCs). Monday–Friday, 8am–5pm. WIC also provides nutrition education, healthy food benefits, and community referrals.

■ Kaiser Permanente NorCal — MILC Lactation Services

■ healthy.kaiserpermanente.org | ■ (800) 464-4000

Kaiser members receive in-hospital and outpatient lactation consultant support. Qualifying plans include a free double electric breast pump after birth. All labor, delivery, and postpartum nurses are trained breastfeeding specialists.

■ Natural Resources SF — Lactation Support Circle

■ naturalresources-sf.com | ■ (415) 550-2611

Drop-in lactation support circles at this 30+ year SF nonprofit in the Mission District (1051 Valencia St). Free for pregnant people; membership options available. Also offers childbirth classes, breastfeeding supplies, and equipment rentals. Registration required — email classes@naturalresources-sf.com.

■ Newborn Connections at CPMC (San Francisco)

■ sutterhealth.org/services/newborn-and-baby-care | ■ (415) 600-2229

Breastfeeding support groups (Tuesdays & Fridays, 10–11:30am, in-person and virtual), IBCLC consultations, pump rentals, and a lactation warm line (Mon–Fri, 10am–4pm). Two locations: CPMC Van Ness and CPMC Mission Bernal. Open to all — no CPMC birth required.

■ Bay Area Lactation Associates — Provider Directory

■ bayarealactation.org | ■ —

Searchable online directory of private lactation consultants and community resources throughout the Bay Area. Useful for finding specialized or in-home IBCLC support.

■ Childbirth Education

■ Kaiser Permanente NorCal — Free Online Classes

■ healthy.kaiserpermanente.org | ■ (800) 464-4000

Free on-demand Preparing for Childbirth, Newborn Care, and Breastfeeding classes available online for Kaiser NorCal members. Ideal to complete during pregnancy before baby arrives.

■ East Bay Birth Collective (Oakland)

■ eastbaybirth.com | ■ eastbaybirthcollective@gmail.com

In-person hub for pregnant and postpartum families at 6333 Telegraph Ave, Suite 103, Oakland. Offers childbirth education series, pregnancy and postpartum support groups, lactation classes, and community events. New cohorts launching throughout 2026.

■ Alta Bates Summit Medical Center (Berkeley)

■ altabatesummit.org | ■ —

Childbirth preparation, VBAC, breastfeeding, and newborn care classes in Berkeley. Second-time parents can opt for a refresher course. Birth center tours also available.

■ BABE — Bay Area Birth Education

■ bayareabirtheeducation.com | ■ —

The Bay Area's premiere childbirth education resource, offering comprehensive birth preparation courses and Adult & Infant CPR classes. Check the website for current class schedules and locations.

■ Postpartum & Mental Health Support

■ Postpartum Support International (PSI)

■ postpartum.net | ■ (800) 944-4773 — call or text

Free online weekly and monthly support groups for moms and dads. Confidential bilingual helpline available in English and Spanish. Trained volunteers listen, offer encouragement, and connect families to local resources. Virtual chats with experts also available.

■ Postpartum Support Center (PPSC) — Marin County

■ postpartumsc.org | ■ —

Nonprofit offering free, culturally responsive programs for pregnancy and postpartum mental health. Partners with local clinics, hospitals, and community organizations to reach families when it matters most. Evidence-based programs from pregnancy through early parenting.

■ California WIC Program

■ phfewic.org | ■ (800) 852-5770

Income-based program providing nutrition education, breastfeeding support (including IBCLCs), healthy food benefits via EBT card, and referrals to health and social services. Available to pregnant people, new mothers, and children under five.

■ Medi-Cal — Comprehensive Perinatal Services Program (CPSP)

■ dhcs.ca.gov | ■ —

A Medi-Cal benefit providing culturally competent perinatal services from conception through 60 days postpartum — including nutrition counseling, psychosocial support, health education, and care coordination. Ask your provider about enrollment.

■ General Resource Directories

■ SF.gov — Breastfeeding & Chestfeeding Resources

■ sf.gov/san-francisco-breastfeedingchestfeeding-resources | ■ —

The City of San Francisco's official resource hub connecting families to local public health nurses, doulas, peer counselors, and lactation consultants.

■ Berkeley Parents Network

■ berkeleyparentsnetwork.org | ■ —

Community-sourced referrals for childbirth classes, lactation support, postpartum care, and family resources across the East Bay. Trusted by Bay Area families for decades.

■ *Compiled with love by Leto's Maternity Isle | letosmaternityisle.com | Serving the SF Bay Area | For informational purposes only — verify availability directly with each organization.*