

# Wright County 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  
\$45, Available virtually or in-person in the Twin Cities  
Visit: [ammaparenting.com](http://ammaparenting.com) and search for breastfeeding

### Buffalo Baby Café

A free family-friendly drop-in breastfeeding support group sponsored by Buffalo Hospital and Wright County Public Health. Babies and children welcome; open to the public. Wright County Historical Society (Heritage Center)  
Wednesdays: 10 am –12 pm, (763) 684-7640

## Monticello

### CentraCare – Monticello

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

### Breastfeeding Classes\*\*

*Bravo Baby: Successful Breastfeeding*  
\$10, this class is now offered as a live online video class.  
Visit: [centracare.com/events](http://centracare.com/events) and search for *breastfeeding* - questions call (763) 271-2218

### MILK: Breastfeeding & Mother Support

A free drop-in group for breastfeeding, pumping, and supplementing moms to talk to certified lactation consultants, weigh baby, find resources, and network with other moms. Eastview Elementary Education Center's Media Room  
2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month: 4:30 pm - 6:30 pm  
(763) 271-2218

### Movie Night To-Go Kit

*Better Breastfeeding: Your Guide to a Healthy Start* by Injoy Videos (English or Spanish)  
\$20, DVD rentals available for 2 weeks  
CentraCare – Monticello Birth Center  
(763) 271-2218

## St. Michael

### Cornerstone Baby Café

A free drop-in informal breastfeeding support group offering on-going professional lactation support.  
Options for Women | Cornerstone: 204 Central Ave East  
1<sup>st</sup> and 3<sup>rd</sup> Friday of the month: 10 am –12 pm  
(612) 584-9449

### 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

### Breastfeeding Classes\*\*

*Understanding Breastfeeding*  
\$30, Available online 24/7 (pre-recorded)  
Visit: [northmemorial.com/location/maple-grove-hospital/](http://northmemorial.com/location/maple-grove-hospital/) and select Groups & Classes

### Mommy & Me Breastfeeding Support Group\*

Free drop-in breastfeeding support group where mothers support one another, ask questions or voice concerns.  
Maple Grove Hospital - Medical Office Building  
LL Conference Room  
Tuesdays: 10:30 am – 12 pm  
(763) 581-2021

## St. Cloud

### St. Cloud Hospital

Breastfeeding Help Line: (320) 251-2700 x52311  
Monitored 7 am – 3:30 pm  
After hours: Leave a message to receive a call back within 24 hours

### Breastfeeding Classes\*\*

*Bravo Baby: Successful Breastfeeding*  
\$10, this class is now offered as a live online video class.  
Visit: [centracare.com/events](http://centracare.com/events) and search for *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

### Baby Cafe

Free support group with a relaxed, informal, child-friendly environment. Receive up-to-date information from knowledgeable staff. No appointment needed.  
St. Cloud Area Family YMCA  
2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month 9:30 a.m. – 11:30 a.m.  
(320) 251-2700, ext. 51990

### La Leche League\*\*

Virtual support meeting options only available at this time.  
Visit: [llofmndas.org](http://llofmndas.org) to see calendar of upcoming virtual meetings.

\*Suspended at this time due to COVID-19

\*\*Held online/virtually at this time due to COVID-19

## Waconia

### Ridgeview Medical Center

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

### Breastfeeding Classes\*

*Breastfeeding*

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

### Mom & Baby Connection

Free breastfeeding support group for new moms and their babies sponsored by Ridgeview and Carver County Public Health; Birthing Center rotunda (3<sup>rd</sup> floor, Waconia campus)  
Tuesdays and Thursdays: 10:30 am – 11:30 am  
(952) 777-4646 or (952) 361-1329

### Sunny Days Therapy

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

## Wright County

### Wellspring Lactation

Free in-person breastfeeding support group 1<sup>st</sup> Tuesday of the month: 10:30 - 11:30 am and 6:00 - 7:00 pm. In-home, virtual, phone breastfeeding consults, including prenatal consults. For more info: [wellspringlactation.com](https://wellspringlactation.com) or call (877) 840-2143.

### Wright County Community Action WIC

The 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 am – 4:30 pm, (763) 335-0280

## Milk Depots

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

## Telephone Resources

### Breastfeeding Helpline

National Women's Health Information Center provides and locates nursing mother support: (800) 994-9662  
Monday – Friday: 9 am – 6 pm ET (English and Spanish)  
[www.womenshealth.gov](https://www.womenshealth.gov)

### InfantRisk 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

**Coffective** (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

## Internet

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

### Minnesota Breastfeeding Coalition

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

### MN Department of Health

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

### USDA WIC Breastfeeding Support

[Breastfeeding 101 | WIC Breastfeeding Support \(usda.gov\)](https://www.usda.gov/wic/breastfeeding)

## 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](https://www.hygeiahealth.com)  
(714) 515-7571 ext. 2

### Medela Pumps

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

### Milk Moms:

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

### Reliable Medical:

[www.reliamed.com](https://www.reliamed.com)  
(763) 255-3800