

WIC PARTICIPANTS: Multiple languages available

Alameda County WIC Eastmont	510-577-7058
Alameda County WIC Hayward/Fremont	510-670-5061
Alameda County WIC Telegraph	510-595-6470
City of Berkeley WIC	510-981-5390
La Clinica De la Raza Fruitvale	510-535-4110
La Clinica De la Raza San Antonio	510-272-1500
Native American Health Center WIC	510-434-5310
Axis Community Health Center WIC	925-462-2365
Tiburcio Vasquez Health Center WIC	510-471-5913 ext. 3220
West/East Oakland Health Centers WIC	510-302-3734

HOSPITAL BREASTFEEDING SUPPORT GROUPS

Alameda County Medical Center (Highland)	510-437-5195
Alta Bates/Summit Medical Center	510-204-6546
Eden Medical Center	510-727-3045
St. Rose Hospital	510-264-4044
Valley Care Health Systems	925-416-3598

HEALTH PLAN MEMBERS, ETC

		NOTES
Alameda Alliance for Health	510-747-4577	Multiple Languages
Berkeley Public Health Nursing	510-981-5300	Berkeley Residents
Blue Cross (Anthem) Medi-Cal	1-800-231-2999	General Info Line
Kaiser Hayward	510-784-2804	Multiple Languages
Kaiser Oakland	510-752-7557	Multiple Languages

BREASTFEEDING SUPPORT RESOURCES

Bay Area Lactation Associates	510-524-5521	Recorded referral to lactation consultants. English only.	\$
La Leche League East Bay	510-469-6009	Recorded referral for volunteer mother-to-mother support. English only.	Free
National Women's Health Information Center	1-800-994-96626	National Breastfeeding Help Line (Eastern Standard Time)	Free

Alameda County

Breastfeeding Services



Babies are Born to be Breastfed!

Breast Milk: The Healthy First Food

WIC'S BREASTFEEDING SERVICES

Classes: Prenatal and after birth

Support: Help begins at birth and continues for as long as you need

Benefits: Mothers who breastfeed receive WIC for a year instead of six months

Extra Food: Mothers who breastfeed and don't use formula receive extra food vouchers

Breast Pumps and other supplies

Phone Support: Help lines at each agency are listed on the back of this brochure



Photo: Breastfeeding Awareness and Support Program, Pennsylvania Dept. of Health, © 2007,



Allana helping new parents

Some WIC sites have additional services:

- **Board Certified Lactation Consultants (IBCLC)** for skilled care
- **Peer Counselors** provide phone and office help from pregnancy to six months after birth
- **Mothers' Support Groups**

WIC services are available in

- **English and Spanish** at all sites
- **Chinese and Vietnamese** at Alameda County WIC and some other WIC sites too

Call a WIC near you!



WIC is an equal opportunity employer and provider