

BREASTFEEDING RESOURCES

Education & Support for Expectant Moms and Dads

Mercy Regional Medical Center (FREE) - 970-764-3151

Breastfeeding classes, lactation consultation, and breastfeeding help Monday through Saturday.

Durango Pregnancy Center (FREE) - 970-247-5559

Breastfeeding education.

Joy of Life Family Medicine - Contact joy@joyoflifefm.com or alyssa@joyoflifefm.com

Breastfeeding workshop once every three months at Kid's Rock. Scholarships available.

La Leche League of Durango (FREE) - 970-335-8778

Monthly breastfeeding and mother to mother support; expectant moms welcome.

First Saturday of the month from 10 to 11:30 a.m. at 1911 Main Ave, Durango.

Nurse Family Partnership (FREE) - 970-335-2037 or visit <http://sjbpublichealth.org/nfp/>

Nursing support for first time eligible mothers.

Shining Mountain Health and Wellness Breastfeeding Program (FREE) - 970-563-4581

Serving La Plata County residents.

THRIVE Pagosa (FREE) - 970-264-5963 or visit Pagosa Moms Facebook Page for more information.

Breastfeeding education and breastfeeding support group every third Thursday evening.

WIC (Women, Infants and Children) (FREE)

Breastfeeding education is integrated into prenatal WIC appointments.

La Plata County: 970-335-2026

Archuleta County: 970-264-2409

Montezuma County: 970-564-4783

Farmington: 505-327-99571

Shiprock: 505-368-1260

Breastfeeding Support for After Baby is Born:

Mercy Family Birth Center Lactation Department (FREE) - 970-764-3144 or 970-764-3120
Appointments available Monday through Saturday.

Durango Pregnancy Center (FREE) - 970-247-5559
Breastfeeding support and education, pumps, supplies.
Trained breastfeeding support volunteers available to do home visits with new moms.

Joy of Life Family Medicine: www.joyoflifefm.com
Home and office lactation support Discounts available for Medicaid and CHP+ clients.

La Leche League of Durango (FREE) - 970-335-8778
Monthly breastfeeding and mother to mother support first Saturday of the month from 10 to 11:30 a.m. at 1911 Main Ave, Durango.

Postpartum Doulas:

Melanie Ellison Devoted Hands Doula http://www.devotedhandsdoula.com/ 970-394-0461	Lindsey Peterson Durango Natural Childbirth Education 970-426-9226	Amy Zwart 347-703-2606
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Shining Mountain Health and Wellness Breastfeeding Program (FREE) - 970-563-4581
Serving La Plata County residents.

Thrive Pagosa (FREE) - Go to Pagosa Moms Facebook Page for more information.
Breastfeeding support group every third Thursday evening.

WIC (Women, Infants and Children) (FREE)
Breastfeeding support and pumps.

La Plata County: 970-335-2026
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Farmington Mother's B.E.S.T. Breastfeeding Support Group

Meets the last Monday of each month at 6 p.m. at Children's Discovery Place, 620 W Pinon St., Farmington.

Also coordinates follow-up lactation support at **San Juan Regional Center (FREE)** - 505-609-6484
Go to the following link for more breastfeeding resources in Farmington area:

<http://www.breastfeedingnewmexico.org/get-involved/resources/four-corners-breastfeeding-resource-guide>

Breast Pumps & Supplies

Health insurance plans cover the cost of breast pumps: call your insurance provider for details.

Local WIC Office: Free breast pumps available for WIC mothers with Medicaid coverage.

La Plata County: 970-335-2026

Archuleta County: 970-264-2409

Montezuma County: 970-564-4783

Farmington: 505-327-99571

Shiprock: 505-368-1260

Bosom Buddies: 720-482-0109, www.bosombuddies.com

- Online resource to rent or purchase breast pumps, other breastfeeding supplies for purchase, overnight shipping available.

Other local places to get breastfeeding supplies:

Durango:

- **Rivergate Pharmacy:** 575 Rivergate Lane, Ste. 111, 970-375-7711
- **Kids Rock:** 563 Main Ave., 970-259-9400
- **City Market:** 6 Town Plaza, 970-247-4475 & 3130 Main Ave., 970-259-0240
- **Rite Aid:** 3130 Main Ave., 970-259-0240
- **Albertsons:** 311 W College Dr., 970-382-2224
- **Walmart:** 1155 S Camino Del Rio, 970-259-8755

Pagosa Springs:

- **Walmart:** 211 Aspen Village Dr., 970-731-9001
- **City Market:** 165 Country Center Dr., 970-731-6000

Cortez:

- **City Market:** 508 E Main St., 970-565-6504
- **Walmart:** 1835 E Main St., 970-565-6138
- **Safeway:** 508 E Main St., 970-565-6504

Farmington, NM:

- **Baby & Me:** 3030 E 20th St., 505-324-6555