



Breastfeeding Support Resource

Mercy Regional Medical Center:

WIC (Women, Infants and Children):

- Breastfeeding education/ support for expectant families
- Breastfeeding/ lactation consultation after the birth
- Breast pumps available for WIC mothers.
 - La Plata: 970-335-2026
 - Archuleta: 970-264-2409 EXT: 3002
 - Montezuma: 970-564-4783
 - Farmington: 505-327-4461
 - Shiprock: 505-368-1135
 - Dove Creek: 970-677-2387
 - Towaoc: 970-564-5366
 - Spanish Speaking Families: 970-403-2206
- Cost: Free when eligible

Nurse Family Partnership:

- Breastfeeding education and support for expectant families
 - San Juan Basin Public Health: 970-335-2083
 - Montezuma County: 970-564-4765
- Cost: Free for eligible first-time mothers

La Leche League of Mountain Plains:

- 24 Phone line support: 1-877-4-LALECHE
- “Virtual” La Leche League meetings and support

For Love of Babies Postpartum Support Groups:

- Space to gather, share and support one another through deep listening and compassion
- Organized by Beka Blyth, midwife and Joy Frazer, ND, RN, RM, IBCLC
 - Contact: Forloveandbabes@gmail.com / 970-749-4497
 - Cost: Free

Colorado Breastfeeding Coalition Virtual Breastfeeding Support

- Virtual Breastfeeding Support with different speaker topics each week
 - Contact: 844-262-3248 / info@cobfc.org
 - Join by Phone: 443-671-4992 PIN: 729 994 783
 - Cost: Free

La Plata County Group and Individual Support

Mercy Regional Medical Center:

- Breastfeeding classes for expectant families. Breastfeeding/ lactation consultation after the birth with CLC
 - Contact: 970-764-3144 / 970-764-3131
 - Cost: Free
 - Spanish Speaking Available

Joy of Life Family Medicine:

- Joy Frazer, ND, RN, RM, IBCLC
- Breastfeeding workshop for expecting mothers. Home and office lactation support
 - Contact: drjoynd@gmail.com / 970-946-1345
 - Cost: \$30 for workshop / Scholarships available / Discounts with Medicaid and CHP+

Durango Café Au Play:

- Peer breastfeeding support. Expectant families welcome.
 - Contact: 970-749-9607
 - Cost: Free

The Community Tree House:

- Indoor play space for children and parents to play, learn, and support each other.
 - Contact: 970-444-0873

Southwest Midwives:

- Breastfeeding support group for all families twice a month on Mondays.
 - Lead by Katie Perez: IBCLC, RN
 - Contact: 970-247-5543
 - Cost: Free

La Plata County Individual Home and Clinic Support

Pediatric Partners of the Southwest

- Savannah Porter, PA, CLC:
- Clinic breastfeeding support
 - Contact: 970-375-0100

Kelly Skaggs, CLC:

- Certified Lactation Counselor
- Home and phone consultations
 - Cost: \$15 phone \$30 home consultations
 - Contact: 970-250-8965

Abbie Downing, CLC, CD:

- Certified Lactation Counselor
- Breastfeeding support for after baby is born
 - Contact: animasbirthdoula@gmail.com

Shining Mountain Health and Wellness

Breastfeeding Program of Ignacio:

- Breastfeeding education and support for expectant moms and dads
- Breastfeeding support for after baby is born
 - Contact: 970-563-2163
 - Cost: Free for La Plata County residents

One on One Wellness Physical Therapy

- Melissa Reitman, PT, CLC, and Birth Doula
- Home or clinic support
 - Contact: 970-426-5459 /
Melissa@1on1wellness.com
 - Cost: \$50/session or free if eligible

Devoted Hands Doula, CD

- Melanie Ellison, CD (DONA): Lactation Counselor
 - Contact: 970-394-0461
 - Cost: \$50 home lactation support visit

Durango Pregnancy Center:

- Breastfeeding supplies, education, and support for expectant moms and dads with a certified lactation counselor
 - Contact: 970-247-5559
 - Cost: Free

Southwest Health Systems Family Birth Center:

- Labor and delivery, postpartum care, and newborn nursery care
 - Contact: 970-564-2245

Archuleta County

ASPIRE Pagosa:

- Breastfeeding education through Brightcourse and lactation counseling upon request
 - Contact: clients@aspirepagosa.org
 - Cost: Free
 - Spanish Speaking Available

New Mexico

Farmington Mother's B.E.S.T. Breastfeeding Support:

- Breastfeeding support group
- Coordinates follow-up lactation support at San Juan Regional Center
 - Cost: Free

Northern Navajo Medical Center:

- Shiprock, NM
- 800-549-5644

Breast Pumps & Supplies

- Health insurance plans cover the cost of breast pumps: call your insurance provider for details
- **Bosom Buddies:**
 - Online resource to rent or purchase breast pumps, other breastfeeding supplies for purchase, overnight shipping available.
 - Contact: 720-482-0109
- Contact your local pharmacy to purchase basic breast pump supplies.



For more information contact Melissa Reitman
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