



Breastfeeding Support Resources

WIC (Women, Infants and Children):

- Breastfeeding education and support for expectant moms and dads.
- Breastfeeding and lactation consultation for after baby is born.
- Breast pumps available for WIC mothers.
 - Contact:
 - La Plata County: 970-335-2026
 - Archuleta County: 970-264-2409
 - Montezuma County: 970-564-4783
 - Farmington: 505-327-4461
 - Shiprock: 505-368-1135
 - Dove Creek: 970-677-2387
 - Towaoc: 970-564-5366
 - Hours: By appointment.
 - Cost: Free to eligible mothers.

La Leche League of Mountain Plains:

- 24 Phone line support: 1-877-4-LALECHE
- “Virtual” La Leche League meetings and support.
- <https://www.facebook.com/LaLecheLeagueUSA/events/>

Colorado Breastfeeding Coalition Virtual Breastfeeding Support

- Virtual Breastfeeding Support with different speaker topics each week.
 - Contact: 844-262-3248 / info@cobfc.org / <https://cobfc.org/calendar/cobfc-calendar/>
 - Hours: Tuesdays at 11 AM
 - Join by Phone: (443)-671-4992 PIN: 729 994 783
 - Cost: Free

Nurse Family Partnership:

- Breastfeeding education and support for expectant moms and dads.
 - Contact:
 - San Juan Basin Public Health: 970-335-2083
 - Montezuma County: 970-564-4765
 - Hours: By appointment
 - Cost: Free for eligible first-time mothers

La Plata County

Mercy Regional Medical Center:

- Breastfeeding classes for expectant moms and dads.
- Breastfeeding and lactation consultation for after baby is born.
 - Contact: 970-764-3151 or 970-764-3120
 - Hours: Monday through Saturday by appointment.
 - Cost: Free

Joy of Life Family Medicine:

- Joy Frazer: International Board Certified Lactation Consultant, naturopathic doctor, and Midwife.
- Hosts breastfeeding workshop for expecting mothers.
 - Contact: drjoynd@gmail.com / 970-946-1345 / www.joyoflifefm.com
 - Hours: Consultations by appointment. Workshop once every three months through ZOOM.
 - Location: Home and office lactation support
 - Cost: \$30 for workshop. Scholarships available. Discounts with Medicaid and CHP+.

Durango Café Au Play:

- Peer breastfeeding support. Expectant moms and dads welcome.
 - Contact: 970-749-9607 / www.durangocafeauplay.org
 - Hours: 9:30 – Noon, Monday – Friday.
 - Location: 495 Florida Road
 - Cost: Free

For Love of Babies, Postpartum Support Group:

- Space for mothers to gather, share and support one another through deep listening and compassion.
 - Hosted by Joy of Life Family Medicine.
 - Hours: Tuesdays from 10 AM - 12 PM.
 - Location: Folsom Park
 - Cost: Free

Devoted Hands Doula

- Melanie Ellison: Certified Lactation Counselor and postpartum Doula
 - Contact: <http://www.devotedhandsdoula.com/> 970-394-0461
 - Cost: \$50 home lactation support visit.

Southwest Health Systems Family Birth Center:

- Labor and delivery, post-partum care, and well newborn nursery care.
 - Contact: 970-564-2245
 - Location: 1311 North Mildred Road, Cortez, CO 81321

Durango Pregnancy Center:

- Breastfeeding education and support for expectant moms and dads.
- Breastfeeding supplies.
- Trained breastfeeding support volunteers available to do home visits with new moms.
 - Contact: 970-247-5559
 - Hours: By appointment
 - Cost: Free

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
 - Location: Mouche-Capote building, tribal campus, Ignacio.
 - Room 201, Durango
 - Cost: Free

Archuleta County

Mountain Mama Lactation Support:

- Brandy Richardson: Certified Lactation Counselor
- Lactation support in Pagosa Springs.
 - Contact: mountainmamalactationpagosa@gmail.com

ASPIRE Pagosa:

- Breastfeeding education and breastfeeding support group.
 - Contact: clients@aspirepagosa.org
 - Cost: Free

New Mexico

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

- Breastfeeding support group.
- Coordinates follow-up lactation support at San Juan Regional Center
 - Contact: 505-609-6484
 - Hours: Last Monday of each month at 6 p.m.

- Location: Children's Discovery Place, 620 W Pinon St., Farmington
- 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 or visit www.bosombuddies.com

La Plata County:

- Rivergate Pharmacy: 575 Rivergate Lane, Ste. 111, 970-375-7711
- 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

Archuleta County:

- Walmart: 211 Aspen Village Dr., 970-731-9001
- City Market: 165 Country Center Dr., 970-731-6000
- ASPIRE Pagosa— 602 S. 8th Street, 970-264-5963

Montezuma County:

- 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

