carle.org | 611 W. Park Street, Urbana, IL 61801 | (217) 383-3311

Breastfeeding: Community Resources

Carle's All About Baby Program

(217) 383-6962 | carle.org/classes/all-about-baby

- Offering classes in breastfeeding, infant care and getting the entire family involved.
- Most classes are free of charge.

Carle Community Breastfeeding Clinic

24-hour warm line: (217) 326-2610

All staff are IBCLC certified, offering:

- Feeding evaluations
- Weight checks
- Pumping assistance
- Services provided free of charge

Outpatient visits Mon & Fri (Windsor Location)
Tues & Thurs (Curtis Location)

Breastfeeding Support group (facilitated by IBCLC)

Free valet parking, snacks, drinks

Meetings First Thursday every month, 10am-noon
(Carle Heart & Vascular Institute
Conference Room A)

Champaign County Health Department

24-hour Warm Line: (217) 390-0664 (call or text)
WIC Contact Line: (217) 531-4323
(217) 531-4319 (Spanish Speaking)

c-uphd.org/breastfeeding-support.html

Services are primarily available for women enrolled in WIC (Women, Infants, & Children).

- Lactation counselors available
- May be able to assist with a breast pump if needed
- Offering a milk depot for Indiana Mother's Milk Bank

Nurtured Beginnings

(217) 552-1101 | nurturedbeginnings.net |

- Visits by appointment in your home or hospital
- Covered by some insurance companies
- Specializing in tongue and lip tie issues

Centers for Disease Control, Breastfeeding

cdc.gov/breastfeeding

Promotes and supports optimal breastfeeding practices toward the ultimate goal of improving the public's health.

Le Leche League Illinois

(217) 725-8060 | illi.org |

Provides education, information, support, and encouragement to women who choose to breastfeed in Champaign-Urbana and surrounding areas.
Meet twice a month (Urbana Free Library)

Chambanamoms

chambanamoms.com | | | |

Committed to bringing the best way to tap outstanding local family and parenting resources. Content might be kid/mom/parent focused, but the end goal is to enrich the entire community.

CU New Mommies

cunewmommies.com

Groups meet for four weeks and introduce you to local moms going through the same sleepless nights and first giggles with a new baby.

Sistering CU

sisteringcu.org | | | |

Provides a postpartum support network for families in Champaign County and enables them to successfully navigate the challenges of life with a newborn

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