



## BREASTFEEDING SUPPORT & CLASSES

### **FREE CHILDBIRTH CLASSES**

Healthy Mothers/Healthy Babies Eng. & Span 561-665-4500 x 4502  
SPANISH PBCHD Childbirth Classes – 561-574-2219

### **WIC (WOMEN, INFANTS, AND CHILDREN) Participants\***

\* Breastfeeding support and breast pumps available to those who qualify for WIC

BELLE GLADE	996-1635
DELRAY BEACH	274-3115
LANTANA	547-6812
WEST PALM BEACH	514-5350 (WIC Clinic)
GREENACRES LACTATION CENTER Socorro Caanen, IBCLC	357-6019 (Lactation Counseling in Eng/Spanish)
JUPITER	746-0782 or 746-6751

**Lou Boyes, IBCLC, WIC Breastfeeding Coordinator – 357-6018**

### **LA LECHE LEAGUE\*\***

\*\* La Leche League meetings are open to the public and intended for both prenatal and postpartum women and their infants. Call for meeting times and locations. Free phone counseling available.

BOCA RATON – AMY	279-2664	LAKE WORTH – KIM	964-1249
JUPITER - KARA	799-5921	SPANISH – DANA	756-6590
WELLINGTON – DELAINEY	963-9020		

### **QUESTIONS ABOUT BREASTFEEDING? \*\***

**US LLL 24 HOUR TOLL-FREE HELP LINE 1-877-452-5324**  
**National Breastfeeding Help Line (M-F) 1• 800• 994• WOMAN (9662)**

Visit [www.pbcbreastfeeding.org](http://www.pbcbreastfeeding.org) for more local information.  
(561) 655-6953