

Breastfeeding Resource List

Craig

UCHealth – Craig Clinic

- **Breastfeeding Support Group** every Monday from 12:30 to 2:30 at UCHealth Russel St clinic. For more information call Brenna 970-875-2662.

MRH

- **One on One Support** available for MRH patients only. To schedule an appointment call April at 970-826-8628

Steamboat

La Leche League

- **Breastfeeding Support Group** every third Tuesday of the month from 10 am to 12 pm at Community Center Playground (through September) or Thrival Mode Chiropractor (winter and bad weather back up location)
- **Zoom Breastfeeding Support Group** every first Thursday of the month from 5:30 to 6:30 pm email LLLsteamboatsprings@gmail.com to receive zoom link
- **One on One Support** send a message on La Leche League of Steamboat Springs Facebook Page or go to their website and fill out the form

UCHealth- Steamboat Springs Hospital

- **TLC Breastfeeding Support Group** every Wednesday from 12:30 to 2:30 at UCHealth Conference Room 4 – weigh your baby and get breastfeeding help
- **One on One Support** available in person or over the phone, call Liz Graham at 970-875-2662 to schedule

WIC

- **In Person Breastfeeding Support** call and make an appointment to come in and receive one on one support
- **Breastfeeding Peer Counselor Texting Program** text your breastfeeding questions and concerns to our breastfeeding experts and get quick replies and support – to enroll text bfmom to 839863