



Alameda Alliance for Health

1240 South Loop Road

Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **breastfeeding support** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Classes

Breastfeeding Class

Alta Bates Summit Medical Center

Learn how to get breastfeeding off to a good start. Visit website for schedule. Call to enroll and provide your Alliance member ID number.

2450 Ashby Ave., Berkeley (Online)

Phone Number: **1.510.204.4461**

www.sutterhealth.org/absmc/classes-events/pregnancy

Breastfeeding Basics

Kaiser - Health Education Department

Learn what to expect in the early weeks, how to position baby, and resources for support and success. Visit online class calendar for schedule. Call to enroll. (Interpreter offered for Kaiser members.)

Fremont, San Leandro, Union City (Online)

Phone Number: Fremont **1.510.248.3455**, San Leandro **1.510.454.4531**,

Union City **1.510.675.4531**

www.kp.org/sanleandro/prenatal

Prenatal Breastfeeding Class

Stanford Health Care - ValleyCare

Taught by lactation consultants, this class is for expecting mothers who need more information about how to breastfeed their babies.

5725 W. Las Positas Blvd., Pleasanton (Online)

Phone Number: **1.925.416.3598**

To schedule a class, please call Alliance Health Programs at **1.510.747.4577**.

valleycare.com/events.html#maternity

Prenatal Breastfeeding**Washington Hospital – Maternal Child Education**

Learn the basics for successful breastfeeding.

2500 Mowry Ave., Fremont (Online)

Phone Number: **1.510.818.5040**

www.whhs.com/prenatal-parenting-classes

Women, Infants, and Children (WIC)

WIC provides breastfeeding support, classes, and healthy foods to babies and children up to age five (5), pregnant women, and new mothers.

Various cities (Phone)

Find an office near you online or by calling toll-free **1.888.942.9675**.

www.myfamily.wic.ca.gov

Lactation Consults**Alta Bates Summit Medical Center**

One-on-one breastfeeding support with a lactation consultant. (English, Mandarin, and other interpreters offered.)

2450 Ashby Ave., Berkeley (In-person, online, phone)

Monday – Friday

9:00 am – 4:00 pm

Phone Number: **1.510.204.6546**

Call to make an appointment.

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of health,

Alliance Health Programs

Please see the next page for a list of breastfeeding support groups.

Breastfeeding Support Groups in Alameda County

All groups are no cost to Alliance members

Alta Bates Summit Medical Center

Group meets weekly with an Alta Bates educator to discuss topics of interest to new breastfeeding mothers.

2450 Ashby Ave., Berkeley (Online)

Mondays

From: 12 pm – 1:30 pm

Phone Number: **1.510.204.6546**

Search for Breastfeeding Support Group at www.sutterhealth.org/absmc/classes-events/pregnancy.

Baby and Me

Kaiser - Health Education Department

Join "Baby and Me" to talk about feeding, sleeping, crying, and more. Visit online class calendar to drop in or call for information. Spanish group available. (Interpreter offered for Kaiser members, please call to request.)

Fremont, San Leandro, Union City (Online)

Weekly

From: 10:30 am – 12 pm

Phone Number: Fremont **1.510.248.3455**,
San Leandro **1.510.454.4531**, Union City
1.510.675.4531

kp.org/sanleandro/prenatal

Oakland (Online)

Wednesdays & Thursdays

From: 10 am – 12 pm

Phone Number: **1.510.752.6150**

Baby and Me

Washington Hospital

For moms and babies through 18 months.

2500 Mowry Ave., Fremont (Online)

Wednesdays

From: 11 am – 1 pm

Phone Number: **1.510.818.5040**

www.whhs.com/prenatal-parenting-classes

Breast Friends

West Oakland Health

Breast Friends is a group for pregnant and breastfeeding mothers. Join Breast Friends IG Live weekly.

700 Adeline St., Oakland (Online)

Thursdays

1 pm

Phone Number: **1.510.835.9610 ext. 2080**

Visit [@breastfriends_oakland](https://www.instagram.com/breastfriends_oakland) on Instagram and message them with questions.

www.instagram.com/breastfriends_oakland

La Leche League

La Leche League leaders are parents who have breastfed their own babies. Leaders can help parents and parents-to-be with questions or concerns.

Various cities (Online)

For meeting information, please visit Illnocal.org.

Mother's Support Group

Stanford Health Care – ValleyCare

Join other new moms in discussing baby topics, including infant changes and needs, breastfeeding, and sleep habits.

5725 W. Las Positas Blvd., Pleasanton (Online)

Tuesdays

From: 1:30 pm – 2:30 pm

Phone Number: **1.925.416.3598**

Visit website and click "Mother's Support Group" to sign up.

www.valleycare.com/support-groups.html