

# Do you need Free Breastfeeding Help?



We want you and your baby to receive  
the best care and services

**Alameda Alliance for Health (Alliance) members can receive free breastfeeding help by phone or in your home.**

- Have questions or concerns about breastfeeding?
- Is your baby having problems latching on?
- Do you worry about your milk supply?
- Want to learn how to use a breast pump?



**Just call one of our Breastfeeding Partners:**  
(Please have your Alliance member number ready)

- Allana Samuel - **510.999.6455**
- Brandi Gates - **510.372.3026**
- Tina Benitez - **510.206.7080**  
(Spanish and English)

Our Breastfeeding Partners are International Board  
Certified Lactation Consultants (IBCLC).

To request an interpreter or ask any questions, please contact Alliance Health Programs.

Para solicitar un intérprete o hacer alguna pregunta, comuníquese a Programas de Salud de Alliance.

需要洽詢一名口譯員或詢問任何問題，請聯絡 Alliance 健康計畫。

Nếu quý vị cần một thông dịch viên hoặc có câu hỏi, vui lòng liên lạc Chương Trình Y Tế Alliance.



**Questions?** Call Alliance Health Programs

Monday – Friday, 8 am – 5 pm

Phone Number: **510.747.4577** • Toll-Free: **1.877.932.2738**

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

**[www.alamedaalliance.org](http://www.alamedaalliance.org)**