



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

Toll-Free: **1.877.932.2738**

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 recent interest in **breastfeeding** classes and support groups. Listed below are some classes and resources to choose from. They are **no cost** to you as an Alliance member. To learn more or sign up, please call the program. Let them know you are an Alliance member and have your Alliance member ID card number ready.

Alta Bates Summit Hospital

2450 Ashby Ave., Berkeley
Phone Number: **1.510.204.6546**

Eden Hospital

Please call Alliance Health Programs at **1.510.747.4577** to schedule a class.
20103 Lake Chabot Rd., Castro Valley
Phone Number: **1.510.727.3046**

St. Rose Hospital

27200 Calaroga Ave., Hayward
Phone Number: **1.510.264.4044**

Washington Hospital

2000 Mowry Ave., Fremont
Phone Number: **1.510.818.5041** | Call for advice line.
Phone Number: **1.510.818.5040** | Call to schedule a breastfeeding class.

Women, Infants, and Children (WIC)

WIC provides breastfeeding support, classes, and food coupons. Please call to enroll.
Phone Number: **1.888.942.9675**

To find out if your class offers interpreting services, or to make a request, please call the Alliance Member Services Department at **1.510.747.4567**. We hope these classes will help meet your health needs.

Best of health,
Alliance Health Programs

Please see back of this letter for a list of breastfeeding support groups or receive one-on-one support from a certified breastfeeding assistant at no cost!

Breastfeeding Support Groups in Alameda County

All groups are no cost to Alliance members

ALAMEDA COUNTY

Kaiser – Baby and Me Support Group

Fremont

Wednesdays | 10:30 am – 12 pm

39400 Paseo Padre Pkwy.

Niles Building

Phone Number: **1.510.454.4531**

Hayward

Mondays | 10 am – 11:30 am

27303 Sleepy Hollow Ave. S.

Sleepy Hollow Building

Phone Number: **1.510.454.4531**

Oakland

Wednesdays & Thursdays | 10 am – 12 pm

3701 Broadway

Oakland Medical Center, Ground Floor (G),

Classroom D

Phone Number: **1.510.752.6150**

San Leandro

Tuesdays | 10:30 am – 12 pm

2500 Merced St.

Medical Office Building 3rd Floor, Room A31

Phone Number: **1.510.454.4531**

La Leche League

To find out a Peer Breastfeeding Support Group in your area, call or visit the website below and choose your city

Phone Number: **1.510.496.6009**

Illnorcal.org/LocalGroups.html

BERKELEY

Alta Bates, Summit Medical Center

Tuesdays and Fridays | 1:30 pm – 3 pm

2450 Ashby Ave.

Phone Number: **1.510.204.4461**

www.altabatessummit.org

CASTRO VALLEY

Eden Medical Center

Tuesdays | 10:30 am – 1:30 pm

20103 Lake Chabot Rd.

Phone Number: **1.510.727.3046**

HAYWARD

St. Rose Hospital

Mommy and Me Support Group

1st Friday of each month | 10 am – 12 pm

27200 Calaroga Ave.

Phone Number: **1.510.264.4044**

OAKLAND

West Oakland Health Council

East Oakland Clinic

3rd Thursday of each month | 11 am – 1 pm

7450 International Blvd.

Phone Number: **1.510.835.9610** ext. **2272**

West Oakland Clinic

3rd Tuesday of each month | 11 am – 1 pm

700 Adeline St.

Phone Number: **1.510.835.9610** ext. **2272**