

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