



Wheeler

Family Health  
& Wellness Center

# Breastfeeding/ Chestfeeding Resources

Many local hospitals in CT offer their own resources for breastfeeding support groups, education, and community provider referrals. Call the hospital where your baby was born to ask what support is available for breastfeeding families.

## LA LECHE LEAGUE CONNECTICUT

- Monthly in-person group support meetings throughout the state
- Virtual monthly Facebook meetings
- Non-emergency phone helpline
- Online resources
- Assistance available in Spanish

**HelpLLLine:**

860.222.0990

[help@LLLct.org](mailto:help@LLLct.org)

### Facebook Discussion Forum

@La Leche League of Connecticut Discussion Forum

Virtual Meeting last Thursday of the month

7:00–8:00pm

### Virtual Meetings

[www.lllct.org/local-support](http://www.lllct.org/local-support)

### Connecticut WIC Program

Qualified participants receive breastfeeding and nutrition education plus supplemental foods.

<https://portal.ct.gov/DPH/WIC/WIC>

### Connecticut Department of Public Health

Information about your rights and pumping if you are going back to work or school:

[www.itsworthitct.org/make-it-work.html](http://www.itsworthitct.org/make-it-work.html)

### ZipMilk

Locate lactation help near you,  
search by your zip code:

[www.zipmilk.org](http://www.zipmilk.org)

## MOMMY'S NATURAL MILK

Support for women of color as they journey through all phases of motherhood while advocating for them nationally.

**Support Group for breastfeeding,  
parenting, and more.**

**Virtual Zoom Meeting**

Wednesdays 1:00–2:30pm

For more information and to register contact:

Tricia Jones: 860.757.4847

Myra Parker: 860.757.4808

## BREASTFEEDING USA

Breastfeeding counselors available through monthly in-person group meetings throughout the state, active Facebook chats, phone or email.

[www.ctbreastfeedingusa.org](http://www.ctbreastfeedingusa.org)

### How to request a pump:

- Speak to your OB-GYN provider
- Ask for a prescription for an electric or manual pump
- Your provider will send the prescription to a pharmacy

Most insurances cover the cost,  
including Husky.

[WheelerClinic.org](http://WheelerClinic.org)