








LOCAL INFANT FEEDING RESOURCES



AGENCY	CONTACT	WEBSITE QR CODE	SERVICES OFFERED
Breastfeeding Medicine Clinic - UVA Health	434-982-3316	 uvahealth.com/services/pregnancy-birth/breastfeeding-program	Lactation consultant and pediatrician support by phone and in-person visits  Breastfeeding classes held once a month uvahealth.com/services/pregnancy-birth/prenatal-class-info/breastfeeding
Sentara Martha Jefferson Hospital Lactation Services	434-654-8440	 sentaramjhmaternity.com/lactation-services/	Lactation consultant support by phone and in-person visits  Breastfeeding classes held twice monthly sentara.com/classes-and-events/Event-Search/Breastfeeding-Class-Charlottesville-911
WIC (Women, Infants, & Children)	434-972-6206	 vdh.virginia.gov/wic/breastfeeding/	Lactation promotion and support Counseling at WIC clinics Nutrition education
La Leche League of Charlottesville	LLCville@gmail.com	 llcville.blogspot.com/	Lactation support, education, and encouragement Free monthly meet-ups: in-person on 1st & 3rd Fridays at 10 AM, virtually via Zoom on 1st Monday at 7 PM

MATERNAL MENTAL HEALTH RESOURCES


Postpartum Support Virginia	703-829-7152	 postpartumva.org/for-parents	Perinatal Mood & Anxiety Disorders (PMADs) education and support Support via text available at 540-698-1277
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National Maternal Mental Health Hotline:
1-833-852-6262 (1-833-TLC-MAMA)

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STATE & NATIONAL INFANT FEEDING RESOURCES

AGENCY	WEBSITE QR CODE	RESOURCES OFFERED
Virginia Loves Breastfeeding	 valovesbreastfeeding.com/	Education on Virginia's lactation laws and your rights Support groups
University of North Carolina (UNC) Breastfeeding Institute	 readysbabyonline.com/	Ready Set Baby Program & breastfeeding basics  Free virtual lactation classes held weekly sph.unc.edu/cgbi/ready-set-baby-live-online-classes/
La Leche League International	 l.li.org/	Education on a wide-range of lactation-related topics (<i>ex: pumping at work, storing milk, supply issues, etc...</i>)
Centers for Disease Control & Prevention (CDC)	 cdc.gov/nutrition/infantandtoddler/nutrition/breastfeeding/workplace-breastfeeding.html	Education on and frequently asked questions about lactating after returning to work or school
HHS Office on Women's Health	 womenshealth.gov/its-only-natural/fitting-breastfeeding-your-life?from=breastfeeding	Lactation encouragement, education, and support
First Shift Justice Project	 firstshift.org/get-legal-help	Free workplace legal help related to lactation, pregnancy, & postpartum for working parents in VA



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