












Lactation Resources



Public Health
Prevent. Promote. Protect.
Champaign-Urbana Public Health District

Site	Description	Website	Contact	Free	Format
Alimentación Segura Infantil	Hotline and weekly virtual lactation support group. Contact for registration link. Hotline: Daily, 6am-6pm Support group: Thursdays, 4-6pm	 Link	(787) 501-0274 (English and Spanish)		
Breastfeeding Support for Indian Mothers	Online breast/chestfeeding peer support group on Facebook for parents, partners, and family members. They also offer Breastfeeding Webinars and virtual consults and Phone calls with experienced breastfeeding mothers. The peer support group is free, but other services are not.	 Link	info@bsim.org.in		
Carle Foundation Hospital - All About Baby Program	Program offers classes in breast/chestfeeding, pumping, infant care and getting the entire family involved. Available to community regardless of where they receive care.	 Link	(217) 383-6962 allaboutbaby@carle.com Location varies.		
Carle Foundation Hospital - Community Breastfeeding Clinic	Provides services to community regardless of where they receive care. IBCLCs* assist with breast/chestfeeding problems and provide support and education, including: developing feeding plans, preparing for returning to work, and latching positions.	 Link	(217) 326-2610 1818 E. Windsor Rd Urbana, IL 61802 or 1701 Curtis Rd Champaign, IL 61822		













*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor

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Site	Description	Website	Contact	Free	Format
Champaign-Urbana Public Health District Lactation Support	Offers a variety of services for participants in WIC/Maternal and Child Health programs including: one-on-one support/education from WIC BFPCs* & nutritionists, CLCs*, RNs, case managers, home visitors, and medical care referrals. WIC offers participants free breastfeeding classes and help accessing breast pumps.	 Link	(217) 531-4529 201 W. Kenyon Rd Champaign, IL 61820 or (217) 893-0832 520 E. Wabash Rantoul, IL 61866		 
Champaign-Urbana Home Visiting Consortium	A group of 8 home visiting programs supporting families in Champaign County who are pregnant or have young children. They offer voluntary, free home visiting services, provide education and support on pregnancy, parenting, child development, and community resources. Many of these programs have CLCs or training in lactation support.	 Link	Please see website for individual program contact information.		
Christie Clinic Breastfeeding Classes	Monthly in-person class taught by an IBCLC*. Learn how to breast/chestfeed, physiology of milk production, address common challenges and strategies for successful lactation. Available to community regardless of where they receive care.	 Link	(217) 366-1255 206 W. White Street, Champaign, IL 61820		
Chocolate Milk Cafe S.P.L.A.S.H Course	Virtual one-hour introductory class for expectant families of the African diaspora considering breast/chestfeeding. The class celebrates curiosity to feed human milk and discusses breastfeeding benefits, protecting milk supply and more. See website for class schedule.	 Link	-		














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DeDe Diner Virtual Support Group	Virtual breast/chestfeeding support group centering on the Filipino experience. Fridays, 9–11pm	 Link	-		
Illinois Department of Public Health's Women's Health-Line	A free and confidential helpline available to all Illinois residents with health-related questions, including lactation. Monday–Friday, 8am–4:30pm	 Link	(888) 522-1282 (English and Spanish) (800) 547-2519 (TTY)		
Indigenous Perinatal and Lactation Support Circle–Nitamising Gimashkikinaan	Group supporting Native/Indigenous pregnant and lactating people and supporters. Has virtual meetings to learn about pregnancy, lactation, and parenting from guest speakers, ILCs*, peer mentors, and peers. 2nd and 4th Tuesday of the month, 4–6pm	 Link	-		
Infant Risk Center Helpline	Call center and online forum that answers questions about medication/drug-use and safety while lactating. Monday–Friday, 8am–3pm	 Link	(806) 352-2519		 












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La Leche League International Support Group	Online community on Facebook. Emotional support and discussion of practical insights on lactation.	 Link	You must request to join the LLLI Breastfeeding Support group. (English and Spanish)		
National Women's Health and Breastfeeding Helpline	Helpline with a BFPC*. Monday-Friday, 8am-5pm	 Link	(800) 994-9662 (English and Spanish) 888-220-5446 (TDD)		
Nurtured Beginnings	Pediatric Nurse Practitioner and IBCLC* offering in-home lactation consultations. Sessions may be covered by insurance.	 Link	(217) 898-7481 thardy.nurturedb@gmail.com		
Ohio Statewide Breastfeeding Hotline	24-hr breast/chestfeeding hotline staffed by CLCs*. The hotline always has an IBCLC* on call to assist with breastfeeding problems and referrals. Translating services are available for non-English speakers.	 Link	(888) 588-3423 or text BFHOTLINE to 839863		













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Oklahoma Breastfeeding Hotline	Hotline staffed by IBCLCs*. Leave a message or text and receive a call back within 24 hours.	 Link	(877) 271-6455 (English and Spanish) or text OK2BF to 61222		
Parkland College Student Life and Wellness Center	The center has a designated lactation area available on-campus on a first come, first serve basis. This includes a private room with running water and comfortable chairs and tables. Monday-Friday, 8am-5pm	 Link	(217) 373-3879 stulife@parkland.edu Wellness Center Room U112		
Pregnancy Resource Center H.O.P.E Program	H.O.P.E program offers parenting education classes that includes 3 videos on lactation.	 Link	(217) 398-6511 205 E. Wilber Ave Champaign, IL 61822		 
Reclaiming Black Motherhood	Virtual sessions on birth prep, lactation support, and postpartum. Lactation support virtual session includes live assessment, education, and resources. Appointments can be scheduled online.	 Link	Hello@ReclaimBlack Motherhood.com		

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The Drip Breastfeeding Support Group by Reaching Our Sisters Everywhere (ROSE)	Virtual meeting to improve access to breast/chestfeeding in the African-American community. Includes resources for pregnant/lactating mothers, support from trained ROSE staff, and open-forum discussion. Mondays, 12-2pm and Thursdays, 5-7pm	 Link	(404) 719-4297 breastfeedingrose@gmail.com.		
Touch of Gold	Offers online virtual counseling, one-on-ones, classes, and support from minority providers, including CLCs*. Appointments can be scheduled online.	 Link	(402) 686-7468 info@togcare.org		
UIUC Safe Lactating Spaces	The Women's Resource Center provides the University of Illinois Campus Lactation Space Guide, open to all community members.	 Link	Location varies, scan QR code for Lactation Space Guide.		

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