

# Lactation Resource Guide

This guide is designed to share information on current lactation services and support. While anyone can use it, the local resources listed are specific to Champaign County.

Resources listed on this guide are not endorsed by Champaign-Urbana Public Health District. Please use this guide at your own discretion.

## Contents:

- Consulting Services 🗨️
- Live Breast/Chestfeeding Classes 🗨️
- Support Groups 🗨️
- Hotlines & Online Materials 🗨️
- Donor Milk Services 🗨️
- Local Lactation Spaces 🗨️

### NOTE:

In this resource, FREE resources are listed first alphabetically.



**Public Health**  
Prevent. Promote. Protect.

---

Champaign-Urbana  
Public Health District  
[www.c-uphd.org](http://www.c-uphd.org)
















# Consulting Services

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
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, returning to work, and latching positions.	 <a href="#">Link</a> 	(217) 326-2610 1818 E. Windsor Rd Urbana, IL 61802  (217) 365-6200 1701 W. Curtis Rd Champaign, IL 61822		 
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.	 <a href="#">Link</a> 	See website for individual program contact information		
Champaign-Urbana Public Health District Lactation Support & WIC Office	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. Contact for class times and program details. Interpreters available for non-English speaking individuals.	 <a href="#">Link</a> 	(217) 531-4529 201 W. Kenyon Rd Champaign, IL 61820  (217) 893-0832 520 E. Wabash Ave Rantoul, IL 61866  (217) 244-5233 2040A S. Orchard St Urbana, IL 61801		  

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
Updated January 2025

This institution is an equal opportunity provider.


















# Consulting Services

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
Duly Health and Care	Provides virtual services from IBCLCs*. Call to schedule an appointment.	 <a href="#">Link</a> 	(630) 348-3100 (630) 646-5800	-	 
The Lactation Network	Assists in connecting families with IBCLCs* and resources (in-home, in-office, or telehealth lactation consultations) covered by their insurance.	 <a href="#">Link</a> 	(888) 510-0059 care@tln.care	-	  
Nest Collaborative	Provides telehealth lactation services by IBCLCs* to provide lactation support for parents and expecting parents. Also provides services for same-sex and trans-parent families. Services available in English and Spanish.	 <a href="#">Link</a> 	(888) 598-1554 support@nestcollaborative.com	-	 
Nurtured Beginnings	Pediatric Nurse Practitioner and IBCLC* offering in-home lactation consultations. Sessions may be covered by insurance.  Monday - Friday, 8:00 am - 5:00 pm	 <a href="#">Link</a> 	(217) 898-7481 thardy.nurturedb@gmail.com	-	 

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
Updated January 2025

This institution is an equal opportunity provider.

# Consulting Services

 Virtual  
 Phone  
 In-person




**Public Health**  
 Prevent. Promote. Protect.  
 Champaign-Urbana Public Health District  
[www.c-uphd.org](http://www.c-uphd.org)

Site	Description	Website	Contact	Free	Format
OSF Healthcare Breastfeeding Center	Offers telehealth lactation consultation appointments. Monday - Friday, 9:00 am - 5:30 pm	 <a href="#">Link</a>	(309) 683-6672	-	 
Reclaiming Black Motherhood	Virtual sessions on birth prep, lactation support, and postpartum care. Lactation sessions include live assessment, education, and resources. Appointments can be scheduled online.	 <a href="#">Link</a>	Hello@ReclaimBlackMotherhood.com	-	
Touch of Gold	Offers services to women of color including spiritual and communal support, virtual counseling, and one-on-one appointments with minority providers, including CLCs*. Appointments can be scheduled online.	 <a href="#">Link</a>	(402) 686-7468 info@togcare.org	-	

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
Updated January 2025

This institution is an equal opportunity provider.














# Live Breast/Chestfeeding Classes

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
Christie Clinic Breastfeeding Classes	<p>Monthly in-person class taught by an IBCLC*. Learn how to breastfeed, physiology of milk production, address common challenges, and learn strategies for successful lactation. Available to the community regardless of where they receive care.</p> <p>First Tuesday of the month, 6:00 pm - 8:00 pm</p>	 <a href="#">Link</a> 	<p>(217) 366-1255</p> <p>206 W. White St Champaign, IL 61820</p>		
Champaign-Urbana Public Health District Lactation Support & WIC Office	<p>Offers a variety of services for participants in WIC/Maternal and Child Health programs. WIC offers participants free breastfeeding classes and one-on-one appointments, as well as help accessing breast pumps.</p> <p>Call for program information, class times, and locations. Interpreters available for non-English speaking individuals.</p>	 <a href="#">Link</a> 	<p>(217) 531-4529 201 W. Kenyon Rd Champaign, IL 61820</p> <p>(217) 893-0832 520 E. Wabash Ave Rantoul, IL 61866</p> <p>(217) 244-5233 2040A S. Orchard St Urbana, IL 61801</p>		 
Nest Collaborative Latch Lounge	<p>Provides virtual breastfeeding classes led by IBCLCs* to provide lactation support for parents and expecting parents during pregnancy and postpartum. See website for class times and registration. Spanish classes available.</p>	 <a href="#">Link</a> 	<p>(888) 598-1554</p> <p>support@ nestcollaborative. com</p>	-	 

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
Updated January 2025

This institution is an equal opportunity provider.

# Support Groups

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
<b>Alimentación Segura Infantil (Safe Infant Feeding)</b>	Weekly virtual lactation support group. Contact for registration link. Also has a hotline for personalized assistance. Services are based out of Puerto Rico and available in English and Spanish.	 <a href="#">Link</a> 	(787) 501-0274 alimentacionsegurainfantil@gmail.com		
<b>Breastfeeding Support for Indian Mothers</b>	Online breast/chestfeeding peer support group on Facebook for parents, partners, and family members. They also offer Breastfeeding Webinars and virtual consults with experienced breastfeeding mothers. <i>The peer support group is free, but other services are not.</i>	 <a href="#">Link</a> 	info@bsim.org.in		
<b>Carle Breastfeeding Support Group Urbana, IL</b>	Facebook Group moderated by Carle IBCLCs*. Open to all mothers regardless of where they receive care.	 <a href="#">Link</a> 	Request to join the Facebook Group		
<b>DeDe Diner Virtual Support Group</b>	Virtual breast/chestfeeding support group centering on the Filipino experience.  Every Friday except for the first Friday of the month, 9:00 pm – 11:00 pm	 <a href="#">Link</a> 	Visit website for Zoom link		

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
Updated January 2025

This institution is an equal opportunity provider.

# Support Groups

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.


Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
<p><b>The Drip Breastfeeding Support Group by Reaching Our Sisters Everywhere (ROSE)</b></p>	<p>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.</p> <p>Mondays, 12:00 pm – 2:00 pm Thursdays, 5:00 pm – 7:00 pm</p>	 <a href="#">Link</a> 	<p>(404) 719-4297 breastfeedingrose@gmail.com</p>		
<p><b>Indigenous Perinatal and Lactation Support Circle- Nitamising Gimashkikinaan</b></p>	<p>Facebook Group for Native/Indigenous pregnant and lactating people and supporters. Hosts virtual meetings to learn about pregnancy, lactation, and parenting from guest speakers, peers, and Indigenous Lactation Counselors.</p> <p>2nd and 4th Tuesday of each month, 4:00 pm – 6:00 pm</p>	 <a href="#">Link</a> 	<p>Public Facebook Group</p>		
<p><b>La Leche League - Vermilion County Support Group</b></p>	<p>Online community on Facebook. Emotional support and discussion of practical insights on lactation.</p>	 <a href="#">Link</a> 	<p>Request to join the Facebook Group</p>		

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
Updated January 2025

This institution is an equal opportunity provider.

# Hotlines & Online Materials

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
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. Interpretation services available for non-English speakers.  Monday - Friday, 8:00 am - 4:30 pm	 <a href="#">Link</a> 	(888) 522-1282 English & Spanish  (800) 547-2519 TTY		
National Women's Health and Breastfeeding Helpline	Helpline with a BFPC*. The website also has a breastfeeding section with general information on common challenges, pumping and storing breast milk, and returning to work.  Monday - Friday, 8:00 am - 5:00 pm	 <a href="#">Link</a> 	(800) 994-9662 English & Spanish  (888) 220-5446 TDD		
Infant Risk Center Helpline	Call center and online forum that answers questions about medication/drug-use and safety while lactating.  Monday - Friday, 8:00 am - 3:00 pm	 <a href="#">Link</a> 	(806) 352-2519		
Ohio Statewide Breastfeeding Hotline	24-hour breast/chestfeeding hotline staffed by CLCs*. The hotline always has an IBCLC* on call to assist with breastfeeding problems and referrals. Interpretation services available for non-English speakers.	 <a href="#">Link</a> 	(888) 588-3423  Text BFHOTLINE to 839863  appalachianbfnetwork@gmail.com		

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
Updated January 2025

This institution is an equal opportunity provider.












# Hotlines & Online Materials

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
Alimentación Segura Infantil (Safe Infant Feeding)	Hotline for personalized breastfeeding assistance. Also has a weekly virtual support group- contact for registration link. Services are based out of Puerto Rico and available in English and Spanish.	 <a href="#">Link</a>	(787) 501-0274 English & Spanish alimentacionsegurainfantil@gmail.com		
Breastfeeding Support for Indian Mothers	Website has breastfeeding information available in multiple languages. Also has an online breast/chestfeeding peer support group on Facebook for parents, partners, and family members.	 <a href="#">Link</a>	info@bsim.org.in		
Centers for Disease Control (CDC) Breast Milk Storage & Preparation	The CDC reviews how to safely express, store, and prepare breast milk as well as how to clean pumping equipment. Includes a PDF guide in English and Spanish.	 <a href="#">Link</a>	-		
Carle Foundation Hospital Breastfeeding and Pumping Videos	Virtual classes on breast/chestfeeding, pumping, infant care, and getting the entire family involved. Available to the community regardless of where they receive care.	 <a href="#">Link</a>	-		










# Hotlines & Online Materials

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
WIC Breastfeeding Basics	Breastfeeding Basics from the WIC website, covering a variety of topics. Available in multiple languages.	 <a href="#">Link</a>	-		
Oklahoma Breastfeeding Hotline	<p>Hotline staffed by IBCLCs*. Leave a message or text and receive a call back within 24 hours. Staff speak English and Spanish.</p> <p>Urgent issues: call at any time and leave a message.</p> <p>Non-urgent questions: 7:00 am - 7:00 pm</p>	 <a href="#">Link</a>	<p>(877) 271-6455 English &amp; Spanish</p> <p>Text OK2BF to 61222</p>		
Global Health Media: Breastfeeding Videos	Collection of educational breastfeeding videos available in multiple languages.	 <a href="#">Link</a>	-		

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
Updated January 2025








This institution is an equal opportunity provider.

# Donor Milk Services

 Virtual  
 Phone  
 In-person





**Public Health**  
 Prevent. Promote. Protect.  
 Champaign-Urbana Public Health District  
[www.c-uphd.org](http://www.c-uphd.org)

Site	Description	Website	Contact	Free	Format
<p><b>Champaign-Urbana Public Health District Donor Milk Depot &amp; Dispensary</b></p>	<p>Donors pre-approved by the Mothers' Milk Bank of the Western Great Lakes (see below) can drop off donations at CUPHD's Milk Depot. Individuals can purchase pasteurized donor milk from the Dispensary for children up to age 2.</p> <p>Monday - Friday, 8:30 am - 12:00 pm and 1:00 pm - 4:30 pm; closed on Federal Holidays</p>	 <a href="#">Link</a> 	<p>(217) 531-4529</p> <p>201 W. Kenyon Rd Champaign, IL 61820</p> <p>DonorMilk@c-uphd.org</p>	-	
<p><b>Mothers' Milk Bank of the Western Great Lakes</b></p>	<p>Accepts human milk donations, pasteurizes donor milk, and dispenses processed human donor milk to: hospitals/NICUs in IL and WI, outpatients, and local dispensaries. Visit website or call for information about how to: become a Milk Donor, including in cases of bereavement, and how to purchase pasteurized donor milk that may be covered by insurance. Staff speak English and Spanish.</p>	 <a href="#">Link</a> 	<p>(847) 262-5134</p> <p>info@milkbankwgl.org</p>	-	 

\*IBCLC: International Board Certified Lactation Consultant, BFPC: Breastfeeding Peer Counselor, CLC: Certified Lactation Counselor  
 Updated January 2025

This institution is an equal opportunity provider.







# Local Lactation Spaces

 Virtual  
 Phone  
 In-person



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
www.c-uphd.org

Site	Description	Website	Contact	Free	Format
<b>Parkland College Student Life and Wellness Center</b>	<p>The center has a designated lactation area available on-campus on a first come, first served basis. Includes a private room with running water, tables, and comfortable chairs.</p> <p>Monday - Friday, 8:00 am - 5:00 pm</p>	 <a href="#">Link</a> 	<p>(217) 373-3879</p> <p>stulife@parkland.edu</p> <p>Wellness Center Room U112</p>		
<b>University of Illinois Lactation Spaces</b>	<p>The Women's Resources Center provides the University of Illinois <i>Campus Lactation Space Guide</i>, detailing lactation spaces available throughout campus, which are open to all community members.</p>	 <a href="#">Link</a> 	<p>Locations vary, scan QR code for Lactation Space Guide</p>	