

## Local Breastfeeding Resources for Buffalo, La Crosse, Monroe, Trempealeau, Vernon Counties

### **Lactation Services:**

**Black River Memorial Hospital:** 715-284-1329

Website: <https://www.brmh.net/services/ob/breastfeeding-support/>

**Gundersen Health Systems Lactation Services:** 608-775-6876 (La Crosse Lactation Consultants)

Website: <https://www.gundersenhealth.org/services/pregnancy-birth/after-pregnancy/breastfeeding/support/>

**Mayo Clinic Health System Lactation Services:**

Eau Claire: 715-838-5437

Menomonie: 715-233-7237

La Crosse hospital: 608-392-9789

La Crosse Pediatric Clinic: 608-392-6299

After 4 pm. And weekends. Family birthplace 608-392-9723

Website: <https://www.mayoclinichealthsystem.org/locations/eau-claire/services-and-treatments/pediatrics-and-adolescent-medicine/lactation-services>

**Marshfield Clinic:** 715-387-7071 (birth center); 715-389-3903 (breastfeeding questions or concerns)

Website: <https://www.marshfieldclinic.org/specialties/obgyn/lactation-services>

**Sacred Heart Hospital Women and Infants Center:** 715-717-4156

Website: <https://www.hshs.org/SacredHeart/Services/Womens-Health/having-a-baby/Breastfeeding-Services>

**Winona Health Lactation Services:** 507-457-4345

Website: <https://www.winonahealth.org/family-birth-center/>

### **Breastfeeding Classes:**

**Black River Memorial Hospital:**

Dates: Held 2<sup>nd</sup> Tuesday in January, March, May, July, September, and November; Currently classes cancelled until further notice due to COVID-19; Information still can be obtained by calling 715-284-1329

If desired education package can be sent by mail by filling the 2021 registration Form and bring it or mail it to:

Black River Memorial Hospital

OB Department - Outreach Educator

711 West Adams Street

Black River Falls, WI 54615

Cost: Free

Register: Fill out registration form online

<https://www.brmh.net/services/ob/childbirth-classes/>

**Eau Claire County Health Department:**

Dates: 2<sup>nd</sup> Thursday of the month

Time: 9:45-11:00 am

Location:

Cost: Free

Register: Send text message to 715-577-6154 and they will send you all the information

Dates: 4<sup>th</sup> Wednesday of the month

Time: 6:00-7:30 pm

Location:

Cost: Free

Register: Send text message to 715-577-6154 and they will send you all the information

\*Currently not holding classes due to COVID\*

**Gundersen Health Systems:**

\*No classes currently; Working on getting Zoom class set up; No details right now

**Mayo Clinic Health System- Eau Claire:**

Dates: First Thursday of the month; 5/6, 6/3, 7/1, 8/5, 9/2, 10/7, 11/4, 12/2

Time: 5:00-6:30pm

Location: Online on Zoom

Cost: Free

Register: Fill out registration online <https://www.mayoclinichealthsystem.org/classes-and-events/breastfeeding-ec>

Or call: 715-838-5437

Dates: Third Thursday of the month: 5/20, 06/17, 07/15, 08/19, 09/16, 10/21, 11/18, 12/16

Time: 5:00-6:30 pm

Location: Online on Zoom

Cost: Free

Register: <https://www.mayoclinichealthsystem.org/classes-and-events/breastfeeding-returning-to-work-school>

**Mayo Clinic Health System- Menomonie:**

Dates: Bimonthly on Mondays: 5/3, 07/12, 9/13, 11/8

Time: 4:00-6:00 pm

Location: 2321 Stout Road; Education Center

Cost: Free

Registration: 715-233-4938 or at website: <https://www.mayoclinichealthsystem.org/classes-and-events/breastfeeding-me-mondays>

Dates: Bimonthly on Wednesdays: 8/11, 10/6, 12/8

Time: 7:00-9:00 pm

Location: 2321 Stout Road; Education Center

Cost: Free

Registration: 715-233-4938 or at website: <https://www.mayoclinichealthsystem.org/classes-and-events/breastfeeding-me-wednesdays>

**Mayo Clinic Health System- La Crosse:**

Dates: Second Monday of the month: 5/10, 6/7, 7/12, 8/9, 9/13, 10/4, 11/8, 12/6

Time: 6:00-8:30 pm

Location: Mayo Clinic Health System, 700 West Ave. S., Marycrest Conference Room

Cost: Free

Registration: <https://www.mayoclinichealthsystem.org/classes-and-events/beginning-to-breastfeed-la-crosse>

\*Free interpreter service if needed for non-English speaking patients

### **Sacred Heart- Eau Claire:**

Dates: Monthly: 5/18, 6/15, 7/20, 8/17, 9/21, 10/19, 11/16, 12/21

Time: 6:30-8:30 pm

Location: Online on Zoom

Cost: Free

Register: <https://www.hshs.org/SacredHeart/Events/Mother-Child/Breastfeeding-Class>

### **Winona Health:**

Dates: To be determined.

Time: 6:30 to 8:30 p.m.

Location: Women's Health, Winona Clinic, 3rd floor

Cost: \$10 per participant/couple

To Register: Call 507.457.7701

Website: <https://www.winonahealth.org/family-birth-center/>

## **Parenting Support:**

### **All About Baby- Winona Health Services:**

- Weekly gathering for new parents and babies.
- Weekly opportunity to touch base with a Winona Health nurse and chat with other parents.
- Tuesdays from 12:00 to 1:30 p.m.
- Meeting room in the first floor of Winona Clinic at Winona Health, 855 Mankato Avenue in Winona.
- No RSVP required; can drop in for all or part of the 90 minutes

Phone number: 507-457-7736

### **Nursing Moms Network:**

- Held every Tuesday 9:00-10:30 am via Zoom
- Weekly drop in for moms to work through the natural ups and downs of breastfeeding with other moms and lactation consultant
- RSVP to receive Zoom link: [eunursingmoms@mayo.edu](mailto:eunursingmoms@mayo.edu)

### **The Parenting Place:**

- Learn parenting tips and skills, interact with other parents
- Discover resources in your community and find childcare
- Understand the stages of child development
- Borrow books, toys and resources

La Crosse Location:

Address: 1500 Green Bay Street La Crosse, WI 54601

Phone number: 608-784-8125

Hours: Monday 10:00 am-5:00 pm, Tuesday 9:00 am-5:00 pm, Thursday 10:00 am-5:00 pm, Friday 9:00 am-3:00 pm

Sparta Location:

Address: 201 E. Franklin St. Room 116 Sparta, WI 54656

No Direct Phone number: If questions call 1-800-873-1768

Hours: By appointment only

Tomah Location:

Address: 310 W Elizabeth Street Tomah, WI 54660

No Direct Phone Number: If questions call 1-800-873-1768

Hours: By appointment only

**Sacred Heart- Eau Claire Breastfeeding Support:**

Dates: Thursdays

Time: 1:00-2:00 pm

Location: Online on Zoom

Cost: Free

To Register: <https://www.hshs.org/SacredHeart/Events/Mother-Child/Breastfeeding-Support-Group>

**The Tribe:**

Breastfeeding support group

Partnership between Vernon County WIC, Hirsch Clinic, and Vernon Memorial Hospital

Dates: Third Monday of month

Time: 5:30-7:00 pm

Location: Vernon Memorial Hospital Medical Office Building, Conference Room A, 407 South Main Street, Viroqua, WI 54665

\*Not currently being held due to COVID\*

**Driftless Mamas Unite:**

[Online Facebook group](#)

Administered by local lactation professional

**La Crosse Baby-Wearers Group:**

[Online Facebook group](#)

Facebook network of parents with frequent meetups. Buy and sell carriers and other baby related goods

**Western Wisconsin Breastfeeding Coalition (WWBC):**

[Online Facebook group](#)

WWBC Facebook group offers a network of women available to answer questions and share events in the area

### **WIC Clinic Information:**

#### Buffalo County:

Address: 407 S. Second St, Floor 3, Alma, WI

Phone number: 715-495-1556

Hours: 8:00 am-4:30 pm Monday-Friday

Website: <https://www.buffalocounty.com/348/Women-Infants-Children-WIC>

#### La Crosse County:

Address: 300 4th St N, 2nd floor, La Crosse, WI 54601

Phone number: 608-785-9865

Hours: 8:00am-4:30pm Monday-Friday

Website: <https://www.lacrossecounty.org/health/docs/ForYourHealth/WIC%20Index.pdf>

#### Monroe County:

Address: 315 West Oak Street, Suite B, Sparta, WI 54656

Phone number: 608-269-8671

Hours: 8:00 am-4:30 pm Monday-Friday

Website: <https://healthymonroecowi.org/eat-healthy/>

#### Trempealeau County:

Address: 36245 Main Street, P.O. Box 67, Whitehall, WI 54773

Phone number: 715-299-6472

Hours: 8:00am-4:30 pm Monday-Friday

Website:

[https://co.trempealeau.wi.us/departments/health\\_department/wic\\_women\\_infants\\_children/index.php](https://co.trempealeau.wi.us/departments/health_department/wic_women_infants_children/index.php)

#### Vernon County:

Address: 318 Fairlane Drive (County HWY BB), PO Box 209, Viroqua, WI 54665

Phone number: 608-637-5260

Staff Cell/TEXT: 608-606-2970

Hours: 8:00-4:30 pm Monday-Friday

Website:

[https://www.vernoncounty.org/departments/public\\_health\\_department/wic\\_program/index.php](https://www.vernoncounty.org/departments/public_health_department/wic_program/index.php)