

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

Lactation Services:

Black River Memorial Hospital:

- Phone: 715-284-1329
- Website: <https://www.brmh.net/services/ob/breastfeeding-support/>

Gundersen Health Systems Lactation Services:

- Phone: 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:

- Phone: 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:

- Phone: 715-717-4156
- Website: <https://www.hshs.org/SacredHeart/Services/Womens-Health/having-a-baby/Breastfeeding-Services>

Tomah Health Lactation Services:

- Phone: 608-377-8400
- Website: <https://www.tomahhealth.org/services/womens-health>

Winona Health Lactation Services:

- Phone: 507-457-4345

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

Breastfeeding Classes:

Black River Memorial Hospital:

- Dates: Held 2nd 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 City-County Health Department:

- Dates: 2nd Thursday of the month
- Time: 9:45-11:00 am
- Location: Virtual
- Cost: Free
- Register: Send text message to 715-577-6154 and they will send you all the information

- Dates: 4th Wednesday of the month
- Time: 6:00-7:30 pm
- Location: Virtual
- Cost: Free
- Register: Send text message to 715-577-6154 and they will send you all the information

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: <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 <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 <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>

Tomah Health:

- Dates: 8/12, 10/7, 12/2
- Time: 6:30-8:00 pm
- Location: 501 Gopher Drive, Tomah, WI
- Cost: \$10
- Register: 608-377-8688

- Website: <https://www.tomahhealth.org/news-events/classes>

Winona Health:

- Dates: To be determined.
Time: 6:30-8:30 pm
Location: Women's Health, Winona Clinic, 3rd floor
Cost: \$10 per participant/couple
Register: 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 12:00-1:30 pm
- 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:

- 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

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
- 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:

Eau Claire City-County:

- Address: 720 Second Ave. Eau Claire, WI 54703
- Phone number: 715-839-5051
- Hours: 8:00am-4:30pm, Monday-Friday
- Website: <https://www.eauclairewi.gov/government/our-divisions/health-department/clinics/wic-benefits-programs>

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 Buffalo WIC:

- 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

Vernon County:

- Address: 318 Fairlane Drive (County HWY BB), PO Box 209, Viroqua, WI 54665
- Phone number: 608-637-5260
- 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