



# INLAND EMPIRE BREASTFEEDING RESOURCES

Getting help early makes breastfeeding easier and helps you reach your goals. Contact a local Lactation Consultant below for an appointment.

|  WIC Support | Area                  | Phone Number |
|-----------------------------------------------------------------------------------------------|-----------------------|--------------|
| <b>Public Health Foundation Enterprises WIC</b>                                               | Chino                 | 888-278-6455 |
| <b>Community Action Partnership of Kern WIC</b>                                               | Kern County           | 866-327-3074 |
| <b>Riverside County WIC</b>                                                                   | Riverside County      | 800-455-4942 |
| <b>San Bernardino County WIC</b>                                                              | San Bernardino County | 800-472-2321 |
| <b>Inland Behavioral and Health Services, Inc. WIC</b><br>665 N. D St., San Bernardino        | San Bernardino        | 855-424-7942 |

|  Clinical and Hospital Services                      | Area         | Phone Number |
|-----------------------------------------------------------------------------------------------------------------------------------------|--------------|--------------|
| <b>St. Mary Medical Center- Mommy and Me Center</b><br>16051 Kasota Rd., Ste. #800, Apple Valley                                        | Apple Valley | 760-217-5971 |
| <b>Barstow Community Hospital</b><br>820 E. Mountain View St., Barstow                                                                  | Barstow      | 760-957-3323 |
| <b>Arrowhead Regional Medical Center</b><br>400 N. Pepper Ave., Colton                                                                  | Colton       | 909-580-3348 |
| <b>Loma Linda University Children's Hospital- Birth and Beyond Lactation Support</b><br>11215 Mountain View Ave., Ste. #179, Loma Linda | Loma Linda   | 909-558-3500 |
| <b>Rancho Springs Medical Center- Admin Building</b> 💰<br>25520 Medical Center Dr., Murrieta                                            | Murrieta     | 951-440-8428 |

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| <b>Desert Regional Medical Center- Healthy Beginnings</b><br>1180 N. Indian Canyon Dr., Palm Springs  | Palm Springs   | 760-416-4754              |
| <b>Pomona Valley Hospital Medical Center- Lactation Center</b><br>1798 N. Garey Ave., Pomona          | Pomona         | 909-623-6455              |
| <b>Redlands Community Hospital- Perinatal Services</b><br>320 Terracina Blvd., Redlands               | Redlands       | 909-793-6330              |
| <b>Ridgecrest Regional Hospital- Maternal Child Unit</b><br>1081 N. China Lake Blvd., Ridgecrest      | Ridgecrest     | 760-499-3032              |
| <b>Parkview Community Hospital</b><br>3865 Jackson St., Riverside                                     | Riverside      | 951-688-2211<br>Ext. 4111 |
| <b>Community Hospital of San Bernardino</b><br>1725 Western Ave., San Bernardino                      | San Bernardino | 909-806-1816              |
| <b>SAC Health- Lactation Educational Classes</b><br>250 S. G St., 1st Floor, San Bernardino           | San Bernardino | 909-382-7100              |
| <b>St. Bernardine Medical Center- Baby and Family Center</b><br>403 E. Highland Ave., San Bernardino  | San Bernardino | 909-881-4420              |
| <b>San Antonio Regional Hospital- Healthy Beginnings</b><br>901 San Bernardino Rd., Ste. #107, Upland | Upland         | 909-920-6230              |
| <b>Global Communities Healthy Start</b><br>IEHP- 12353 Mariposa Rd., Ste. C-2 & C-3, Victorville      | Victorville    | 858-208-0947              |

|  <b>Private and Specialized Care</b> | <b>Area</b>      | <b>Phone Number</b> |
|-------------------------------------------------------------------------------------------------------------------------|------------------|---------------------|
| <b>The Mom and Dad Project</b><br>41820 Garstin Dr., Big Bear Lake                                                      | Big Bear Lake    | 909-878-2326        |
| <b>Birth Your Way Birth Center</b> 💰<br>10420 Beaumont Ave., Ste. I, Cherry Valley                                      | Cherry Valley    | 909-343-8766        |
| <b>Just Natural Breastfeeding Solutions</b> 💰                                                                           | Inland Empire    | 951-394-2087        |
| <b>Best Fed Babies and Virtual Breastfeeding Help</b> 💰                                                                 | Inland Empire    | 951-288-1920        |
| <b>Loving Support Breastfeeding Helpline</b>                                                                            | Riverside County | 888-451-2499        |