

In-person Breastfeeding Support

San Diego Breastfeeding Network:

A support group for parents who are working and chest/breastfeeding. From preparing to go back to work, to work pumping schedule advice, to all things chest/breastfeeding, you will receive valuable information and resources to make educated and informed decisions on your lactating journey. This group has a focus on supporting working parents and marginalized communities.

Facilitator: Chardá Fontenot, (MELANIN MILK SD), CLEC, CBE, FSD/ Perinatal Navigator for PCI Healthy Start Program.

Fee: No fee for this group.

Location: San Diego Breastfeeding Center (8325 University Ave., La Mesa, CA 91942)

Date and Time: First Monday of the month from 5:30p-7p; Third Saturday of the month from 12:00pm-1:30pm

Register here: <https://app.acuityscheduling.com/schedule.php?appointmentType=22727747&owner=15986896>

*** This group is sponsored by Project Concern International Healthy Start Program.

FullCRCL:

Facilitators: Jaren Soloff IBCLC, RD & Wendy Colson, RN IBCLC.

Fee: No fee

Location: North County (La Costa/Carlsbad area)

Date and Time: Every Wednesday; 10-11am

Register here: <https://www.signupgenius.com/go/10c0c44aea72ca2f4c16-milk>

Best Start Birth Center

Facilitator: Led by a lactation specialist and midwife

Fee: No fee

Location: Best Start Birth Center (3630 Enterprise St, San Diego, CA 92110)

Date and Time: Thursdays from 11:30am-1pm

Registration: Call the front desk to RSVP.

Babies in Bloom

Facilitators: Facilitated by an International Board Certified Lactation Consultant

Fee: No Fee

Location: Babies in Bloom; 1948 VIA CENTRE, VISTA, CA

Date and Time: Every Friday at 11 am

Registration: No registration necessary

Wild Island Collective

Facilitators: Facilitated by an International Board Certified Lactation Consultant

Fee: No Fee

Location: Wild Island Collective; 3504 Adams Ave, San Diego, CA 92116

Date and Time: Every Friday at 9:30am

Registration: No registration necessary

CAP Wellness Center

Facilitators: Christa Gonzalez, CLEC, MSN.

Fee: No fee

Location: CAP Wellness Center; 535 Encinitas Blvd., Suite 115

Date and Time: Every Monday; 12:30pm-1:30pm

Register here: Call center to register 760-634-9715

RISE Prime Wellness

Facilitator: Led by a lactation specialist and midwife

Fee: No fee

Location: RISE Prime Wellness; 5550 Carmel Mountain Road, Suite 208

Date and Time: Every Friday from 12:30-1:30 pm

Registration: No registration necessary

Wellness Lactation

Facilitator: Rachelle Markham

Fee: No fee

Location: Mance Buchanan Park; 425 College Blvd, Oceanside, CA 92057

Date and Time: Tuesdays at 10 am

Registration: No registration necessary