

# Breastfeeding: Community Resources

### Carle's All About Baby Program

(217) 383-6962 | [carle.org/classes/all-about-baby](http://carle.org/classes/all-about-baby)

- Offering classes in breastfeeding, pumping, infant care and getting the entire family involved.
- Most classes are free of charge.

### Carle Community Breastfeeding Clinic

24-hour warm line: (217) 326-2610

All staff are IBCLC certified, offering:

- Feeding evaluations
- Weight checks
- Pumping assistance
- Services provided free of charge

**Outpatient visits**      Monday, Wednesday & Friday  
    (Windsor Location)  
    Tuesday & Thursday  
    (Curtis Location)

### Breastfeeding Support group (facilitated by IBCLC)

Free valet parking, snacks, drinks

**Meetings**              Thursdays, 10 a.m. - noon  
    (The Forum at Carle, Physician's  
    Conference Room)

### Champaign-Urbana Public Health District

24-hour warm line:      (217) 390-0664 (call or text)  
 WIC contact line:      (217) 531-4324  
    (217) 531-4319 (Spanish Speaking)  
 Email:                      vkoreess@c-uphd.org

[c-uphd.org/breastfeeding-support.html](http://c-uphd.org/breastfeeding-support.html)

Services are primarily available for women enrolled in WIC (Women, Infants, & Children).

- Lactation counselors available
- May be able to assist with a breast pump if needed
- Offering a milk depot for Indiana Mother's Milk Bank

### Nurtured Beginnings

(217) 552-1101 | [nurturedbeginnings.net](http://nurturedbeginnings.net) | 

- Visits by appointment in your home or hospital
- Covered by some insurance companies
- Specializing in tongue and lip tie issues

### Centers for Disease Control, Breastfeeding

[cdc.gov/breastfeeding](http://cdc.gov/breastfeeding)

Promotes and supports optimal breastfeeding practices toward the ultimate goal of improving the public's health.

### Le Leche League Illinois

(217) 725-8060 | [illi.org](http://illi.org) | 

Provides education, information, support, and encouragement to women who choose to breastfeed in Champaign-Urbana and surrounding areas. Meet twice a month.

**Meetings**              On 2<sup>nd</sup> Monday, 6 - 7:30 p.m.  
    (Urbana Free Library)  
    3<sup>rd</sup> Wednesday, 10 - 11 a.m.  
    (Windsor Road Christian Church)

### Chambanamoms

[chambanamoms.com](http://chambanamoms.com) |  |  | 

Committed to bringing the best way to tap outstanding local family and parenting resources. Content might be kid/mom/parent focused, but the end goal is to enrich the entire community.

### CU New Mommies

[cunewmommies.com](http://cunewmommies.com)

Groups meet for four weeks and introduce you to local moms going through the same sleepless nights and first giggles with a new baby.



### Sistering CU

sisteringcu.org |  |  | 

Provides a postpartum support network for families in Champaign County and enables them to successfully navigate the challenges of life with a newborn.

### Champaign County Breastfeeding Support Group

First United Methodist Church  
304 S. Race Street, Urbana, IL

**2019 Meeting Schedule**                      Tuesday, December 3,  
5:30 - 6:30 p.m.

- Bilingual Service available
- Children Welcome
- Light Snacks Provided