



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

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

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

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



RECURSOS PARA LA LACTANCIA MATERNA EN EL INLAND EMPIRE

Buscar ayuda a tiempo hace que la lactancia sea más fácil y le ayuda a cumplir sus metas.
Llame a una consejera de lactancia local para hacer una cita.

 Apoyo de WIC	Área	Número de teléfono
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Riverside County WIC	Riverside County	800-455-4942
San Bernardino County WIC	San Bernardino County	800-472-2321
Inland Behavioral and Health Services, Inc. WIC 665 N. D St., San Bernardino	San Bernardino	855-424-7942

 Servicios en clínicas y hospitales	Área	Número de teléfono
St. Mary Medical Center- Mommy and Me Center 16051 Kasota Rd., Ste. #800, Apple Valley	Apple Valley	760-217-5971
Barstow Community Hospital 820 E. Mountain View St., Barstow	Barstow	760-957-3323
Arrowhead Regional Medical Center 400 N. Pepper Ave., Colton	Colton	909-580-3348
Loma Linda University Children's Hospital- Birth and Beyond Lactation Support 11215 Mountain View Ave., Ste. #179, Loma Linda	Loma Linda	909-558-3500
Rancho Springs Medical Center- Admin Building 💰 25520 Medical Center Dr., Murrieta	Murrieta	951-440-8428

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

 Atención privada y especializada	Área	Número de teléfono
The Mom and Dad Project 41820 Garstin Dr., Big Bear Lake	Big Bear Lake	909-878-2326
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