

# Breastfeeding Support Resources



## Mercy Regional Medical Center:

- Breastfeeding classes for expectant moms and dads.
- Breastfeeding and lactation consultation for after baby is born.
  - Contact: 970-764-3151 or 970-764-3120
  - Hours: Monday through Saturday by appointment.
  - Cost: Free

## Durango Pregnancy Center:

- Breastfeeding education and support for expectant moms and dads.
- Breastfeeding supplies.
- Trained breastfeeding support volunteers available to do home visits with new moms.
  - Contact: 970-247-5559
  - Hours: By appointment
  - Cost: Free

## WIC (Women, Infants and Children)

- Breastfeeding education and support for expectant moms and dads.
- Breastfeeding and lactation consultation for after baby is born.
- Breast pumps available for WIC mothers.
  - Contact:
    - La Plata County: 970-335-2026
    - Archuleta County: 970-264-2409
    - Montezuma County: 970-564-4783
    - Farmington: 505-327-4461
    - Shiprock: 505-368-1135
  - Hours: By appointment
  - Cost: Free to eligible mothers

## La Leche League of Durango:

- Monthly breastfeeding and mother to mother support. Expectant moms are welcome.
  - Contact: 970-335-8778 / <https://www.facebook.com/events/577966169230562/>
  - Hours: First Saturday of the month at 9 am
  - Location: Smiley Building 1309 East 3rd Ave Room 201, Durango
  - Cost: Free

## Nurse Family Partnership

- Breastfeeding education and support for expectant moms and dads.
  - Contact: 970-335-2037 / visit <http://sjbpublichealth.org/nfp/>
  - Hours: By appointment
  - Cost: Free for eligible first-time mothers

## Café Au Play:

- Lactation and breastfeeding peer support. Expectant moms and dads welcome.
  - Contact: 970-749-9607 / [www.durangocafeauplay.org](http://www.durangocafeauplay.org)
  - Hours:
    - Lactation support: Fridays 10 am – noon in Smiley Building
    - Baby meet up Thursdays 9:30-11:30 at 2307 Columbine Drive, Durango
  - Location: Smiley Building 1309 East 3rd Ave Room 201. Call 970-749-9607 or see [www.durangocafeauplay.org](http://www.durangocafeauplay.org)
  - Cost: Free

## Shining Mountain Health and Wellness Breastfeeding Program of Ignacio

- Breastfeeding education and support for expectant moms and dads.
- Breastfeeding support for after baby is born.
  - Contact: 970-563-2163
  - Cost: Free for La Plata County residents

## Joy of Life Family Medicine:

- Breastfeeding workshop once every three months at Kid's Rock.
- Breastfeeding and lactation consultation for after baby is born.
  - Contact: [drjoynd@gmail.com](mailto:drjoynd@gmail.com) / 970-946-1345 / [www.joyoflifefm.com](http://www.joyoflifefm.com)
  - Hours: Consultations by appointment. Workshop once every three months.
  - Location: Home and office lactation support
  - Cost: \$30 for workshop. Scholarships available. Discounts with Medicaid and CHP+.

## Alyssa Maynard Seed to Sprout Midwifery

- Breastfeeding education and support for expectant moms and dads.
  - Contact: 774-276-0828 or [seedtosproutmidwife@gmail.com](mailto:seedtosproutmidwife@gmail.com)
  - Hours: By appointment
  - Cost: Call for prices

## Farmington Mother's B.E.S.T. Breastfeeding Support Group

- Breastfeeding support group.
- Coordinates follow-up lactation support at San Juan Regional Center
  - Contact: 505-609-6484
  - Hours: Last Monday of each month at 6 p.m.
  - Location: Children's Discovery Place, 620 W Pinon St., Farmington
  - Cost: Free

## Additional breastfeeding resources in Farmington area:

<http://www.breastfeedingnewmexico.org/get-involved/resources/four-corners-breastfeeding-resource-guide>

## ASPIRE Pagosa

- Breastfeeding education and breastfeeding support group.
  - Contact: 970-264-5963 / Pagosa Moms Facebook Page for more information
  - Hours: Breastfeeding support group every third Thursday evening
  - Cost: Free



## Postpartum Doulas:

- Melanie Ellison: Devoted Hands Doula
  - Contact: <http://www.devotedhandsdoula.com> / 970-394-0461
- Lindsey Peterson: Durango Natural Childbirth Education
  - Contact: 970-426-9226
- Monica Wagner: Durango Birth Doula
  - Contact: 970-903-4401

---

## Breast Pumps & Supplies

- Health insurance plans cover the cost of breast pumps: call your insurance provider for details.
- 

## Bosom Buddies:

- Online resource to rent or purchase breast pumps, other breastfeeding supplies for purchase, overnight shipping available.
- Contact: 720-482-0109 / [www.bosombuddies.com](http://www.bosombuddies.com)

## Other local places to get breastfeeding supplies:

### Durango:

- Rivergate Pharmacy: 575 Rivergate Lane, Ste. 111, 970-375-7711
- Kids Rock: 563 Main Ave., 970-259-9400
- City Market: 6 Town Plaza, 970-247-4475 & 3130 Main Ave., 970-259-0240
- Rite Aid: 3130 Main Ave., 970-259-0240
- Albertsons: 311 W College Dr., 970-382-2224
- Walmart: 1155 S Camino Del Rio, 970-259-8755

### Farmington, NM:

- Baby & Me: 3030 E 20th St., 505-324-6555

### Pagosa Springs:

- Walmart: 211 Aspen Village Dr., 970-731-9001
- City Market: 165 Country Center Dr., 970-731-6000

### Cortez:

- City Market: 508 E Main St., 970-565-6504
- Walmart: 1835 E Main St., 970-565-6138
- Safeway: 508 E Main St., 970-565-6504