



Wright County Area Breastfeeding Resource List



Buffalo

Allina Health - Buffalo Hospital

Outpatient Lactation Services
Available 24/7. Call (763) 684-7640 to schedule a consult

Breastfeeding Classes

Refer to Amma Parenting Center
Available In-Person, Virtual, Online in the Twin Cities
Visit: ammaparenting.com and search for breastfeeding

Buffalo Baby Café*

Free breastfeeding support group
Babies and children welcome
Wright County Historical Society (Heritage Center)
Wednesdays: 10 a.m. –12:00 p.m. (763) 684-7640

Monticello

CentraCare – Monticello

Outpatient Lactation Services
Available 24/7
Call (763) 271-2218 to schedule an appointment

Breastfeeding Class

Breastfeeding Class- \$10, offered as a live online video class.
Visit: centracare.com/events and go to Online Classes-
questions call (763) 271-2218

Monticello Baby Café*

Free breastfeeding support group
Mondays: 10 a.m. –12 p.m. at Monticello Community Center
CentraCare – Monticello, (763) 271-2218

St. Michael-Albertville

Cornerstone Baby Café*

Free breastfeeding support group
Options for Women | Cornerstone: Fridays: 10 am –12 pm
204 Central Ave East, St. Michael
1:1 consults available by appointment only; (612) 584-9449

New Kingdom Healthcare

Nurse Practitioner/IBCLC 1:1 consults available.
Albertville location: 10904 57th St NE
<https://newkingdomhealthcare.com/> (952) 999-0333

Sunny Days Therapy

Speech Language Pathologists available who are certified
lactation counselors. <https://sunnydaystherapy.com/>

Maple Grove

Maple Grove Hospital

Outpatient Lactation Services
Open 7 days a week
Call (763) 581-2021 to schedule an appointment

(Maple Grove- continued)

Breastfeeding Classes

In-Person class or 'Understanding Breastfeeding' online
course; \$30; 763-581-1808 or visit:
northmemorial.com/location/maple-grove-hospital/ and
select Groups & Classes

Mommy & Me Breastfeeding Support Group

Free breastfeeding support group
Maple Grove Medical Center - Medical Office Building
Lower-Level Conference Room
Wednesdays: 1:30 – 3:00 p.m. (763) 581-2021
Visit: <https://northmemorial.com/pregnancy-birth-classes/#events-mommyMe>

St. Cloud

St. Cloud Hospital

Breastfeeding Help Line: (320) 251-2700 x52311
Monitored 7 am – 3:30 pm
Messages left afterhours will receive a call back within 24 hrs.

Breastfeeding Classes

Breastfeeding Class
Offered In-Person or online, \$10
Visit: centracare.com/events -enter key word breastfeeding

CentraCare Clinic – Health Plaza

Outpatient lactation services
Monday – Friday: 8 a.m. – 4 p.m.
To schedule an appointment.
Call OB clinic (320) 654-3630 ext. 51990
Call Pediatrics (320) 654-3610 ext. 70268

St. Cloud Baby Café*

Free weekly breastfeeding support group.
St. Cloud Area Family YMCA
Tuesdays 9:30 a.m. – 11:30 a.m.
(320) 251-2700, ext. 51990

Waconia

Ridgeview Medical Center

Outpatient Lactation Services
Monday – Friday: 8 am – 3 pm
Call (952)-777-4658 to schedule an appointment

Breastfeeding Classes

Visit: health.ridgeviewmedical.org/events -enter keyword
breastfeeding

Mom & Baby Connection

Free breastfeeding support group.
Ridgeview partners with Carver County Public Health.
Tuesdays and Thursdays: 10:00 a.m. – 11:30 a.m.
Birthing Center rotunda (3rd floor, Waconia campus)
(952) 777-4646 or (952) 361-1329

(Waconia- continued)

Sunny Days Therapy

Speech Language Pathologists available who are certified lactation counselors; <https://sunnydaystherapy.com/>

Sherburne County

Fairview – Princeton

Free breastfeeding support group.
Princeton ECFE Family Center, 706 First Street, Princeton
Thursdays 10:30-1:00 pm. (763) 389-6329

Wright County

Wellspring Lactation

Free in-person breastfeeding support group
Tuesdays: 10:30 am -12:00 pm. In-home breastfeeding
consults, including prenatal consults.
wellspringlactation.com or call (877) 840-2143.

Wright County Community Action WIC

Women, Infants and Children program (WIC) offers
breastfeeding education and support to pregnant and
breastfeeding moms who meet income guidelines. Manual
breast pumps may be available to WIC participants.
For eligibility, locations and hours, call (320) 963-6500 or
email wic@wccaweb.com

Wright County Public Health

Public Health Nurses trained in lactation support are available
to answer breastfeeding questions or provide free home visits
to any Wright County resident.
Monday – Friday: 8 a.m. – 4:30 p.m. (763) 335-0280

Milk Depots

CentraCare-St. Cloud, CentraCare-Monticello, Maple Grove
Hospital, and Ridgeview-Waconia are HMBANA affiliated milk
collection sites. If interested in donating breast milk, visit
www.mnmilkbank.org/donate-milk

Other Support Resources

Breastfeeding Helpline

National Women's Health Information Center: (800) 994-9662
Monday – Friday: 8 am – 5 pm CT (English and Spanish)
www.womenshealth.gov

La Leche League of Minnesota

612-922-4996; www.llofmdas.org/find-a-group.html

Infant Risk Center

Up-to-date evidence-based information on the use of
medications during pregnancy and breastfeeding
Monday – Friday: 8 am – 5 pm (806) 352-2519

Apps

Coffactive (free) – a tool to help pregnant women set and
reach their goals

LactMed (free) – database of drugs and dietary
supplements that may affect breastfeeding

MommyMeds (free) – easy to understand information on
drug safety and ingredients of medications for all pregnant
and breastfeeding mothers

Online Resources

Kelly Mom

kellymom.com

Minnesota Breastfeeding Coalition

mnbreastfeedingcoalition.org/individuals-families

MN Department of Health

www.health.state.mn.us/people/wic/localagency/bf

USDA WIC Breastfeeding Support

[Breastfeeding 101 | WIC Breastfeeding Support \(usda.gov\)](#)

Breastfeeding Supplies/Pumps

- Breast pumps are available at hospitals
- Medical Assistance will usually cover double-electric
pumps with a doctor's order
- Check with your medical plan for coverage as your
insurance may be accepted at certain locations only

AdaptHealth Minnesota-Buffalo

<https://adapthealth.com/>
763-684-3840

Ameda ParentCare

<http://www.ameda.com>
(866) 99-AMEDA

Hygeia Breast Pumps

www.hygeiahealth.com
(714) 515-7571 ext. 2

Medela Pumps

www.medelabreastfeedingus.com/bnnsearch
(800) 435-8316

Milk Moms

www.milkmoms.com
(763) 259-8824

Reliable Medical

www.reliamed.com
(763) 255-380

**Above Baby Cafés/lactation support groups are for participants to share experiences and learn about
breastfeeding/chestfeeding. All aspects of feeding and pumping are supported. Receive up to date information from
knowledgeable staff. No appointment needed. Scale is available to weigh your baby.*

• Created and maintained by the Wright County Breastfeeding Coalition •

For more information, contact Wright County Public Health: (763) 335-0280.

• Resource List is updated annually; last updated November 2023 •