**Breast feeding Resources**

**BREAST PUMP:**

* Go online [Edgepark.com](http://www.edgepark.com) or Aeroflowbreastpumps.com. Fill out info, make sure insurance is listed. They will send a prescription to us, we fill out and sent back, they mail pump to you.

**Free Classes**:

* WIC: 801-851-7312 Lactation specialists offering information and classes for WIC clients. **FOR EVERYONE**!! Do prenatal breastfeeding classes, parent/infant classes and one on one classes. Can text them for information
* La Leche League. 801-264-LOVE. Go to website find group. http://www.llli.org.
* FirstDroplets.com, free videos!
* Local breast feeding support group. At Utah birth suites in Provo. On the Frist and third Monday at 6PM. Camille Jorgen’s hosts. Discuss breastfeeding topic and mingle with moms.
* The lactation Collection by Anna Burch & Abby does free classes/support groups monthly typically at Utah birth place in Provo.

**Breastfeeding Classes**:

**Online Classes:**

* The lactation and education center, 303-812-4640 or email at [Peaks-SJHFamilyed@imail.org](mailto:Peaks-SJHFamilyed@imail.org), $50. Prerecorded have 270 days to complete course.
* Milkology: $27 for 90 minute pre-recorded class. Watch with your partner at own pace. Or she has breastfeeding basics, back to work, pumping, or monthly access for $19 a month.
* Mountain Point Medical/Holy Cross- Online course, Understanding breastfeeding. Self-pace pre-recorded class. $65
* Built to birth: Prerecord class $70.

**In Person Classes**:

* Revere Health OB/GYN- We have a prenatal class that has a breastfeeding class. You can just come to Breastfeeding class or come to whole 5 week series.
* Lactation Collection (Provo and Payson) $95, they are wonderful! They also have a list of recommend products while breastfeeding (so look at all of that on website).
* Orem Community and American Fork Online classes,

intermountainhealthcare.org/classes-and-events/

* Timpanogos Hospital- Breastfeeding Basics. Taught once a month on Saturday. $25.

**Lactation Consultants:**

1. Jill Lancaster & Camille Jorgensen

385-325-1950 <https://lactivistactivist.com>

1. Julie Manley Johnson

746 Winchester street G-10 Murray, Utah 84107

801-608-8947 <https://www.birthandbreastfeedingsolutions.com>

1. Lactation Collection

Provo/payson

801-210-1969 [www.thelactationcollection.com](http://www.thelactationcollection.com)

1. Orem Lactation clinic

801-714-3324, open weekend and holidays

**Instagram Accounts to follow**:

@the\_lactationdoula (Camille Jorgen’s account, Lactation consultation in Utah)

@thelactationcollection (Lactation consultant that serve Payson and Provo)

@Glactivistactivist

@thelactationcollection

@Breezy\_babies

@aloha.nutrition

**Hotlines/Free advice**:

* National Breastfeeding Helpline: 1-800-994-9662
* MotherToBaby Helpline: 801-328-2229
* WIC Breastfeeding Hotline: 1-877-942-543