



Alameda Alliance for Health

1240 South Loop Road
Alameda, CA 94502

Alliance Health Programs

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments
(CRS/TTY): **711/1.800.735.2929**

livehealthy@alamedaalliance.org

www.alamedaalliance.org

Dear Member,

At Alameda Alliance for Health (Alliance), we are here to be your partner in health.

Thank you for your interest in **breastfeeding support** classes and programs. Listed below are no-cost options to choose from. To learn more or sign up, please call the program.

Classes

Breastfeeding Class

Alta Bates Summit Medical Center

Learn how to get breastfeeding off to a good start. Visit the website to view the schedule. Call to enroll and provide your Alliance member ID number.

2450 Ashby Ave., Berkeley (In-person, online)

Phone Number: **1.510.204.4461**

www.sutterhealth.org/absmc/classes-events/pregnancy

Breastfeeding Basics

Kaiser – Healthy Living Center

Learn what to expect in the early weeks, how to position your baby, and resources for support and success. Visit the online class calendar to view the schedule. Call to enroll. (Interpreters offered for Kaiser members.)

Fremont, San Leandro, Union City (Online)

Phone Number: Fremont **1.510.248.3455**

San Leandro **1.510.454.4531**

Union City **1.510.675.4531**

www.kp.org/sanleandro/prenatal

Prenatal Breastfeeding Class

Stanford Health Care – Tri-Valley Lactation Center

Taught by lactation consultants (breastfeeding teachers), this class is for expecting mothers who need more information about how to breastfeed their babies.

5725 W. Las Positas Blvd., Pleasanton (In-person, online)

Phone Number: **1.925.416.3598**

stanfordhealthcare.org/tri-valley/events.html#maternity

To schedule a class, please call Alliance Health Programs at **1.510.747.4577**.

Prenatal Breastfeeding

Washington Hospital – Maternal Child Education

Learn the basics for successful breastfeeding.

2500 Mowry Ave., Fremont (Online)

Phone Number: **1.510.818.5040**

www.whhs.com/prenatal-parenting-classes

Women, Infants, and Children (WIC)

WIC provides breastfeeding support, classes, and healthy foods to babies and children up to age five (5), pregnant women, and new mothers. Visit the website or call to find an office near you.

Various cities (Phone)

Toll-free: **1.888.942.9675**

www.myfamily.wic.ca.gov

Lactation Consults

Alta Bates Summit Medical Center

One-on-one breastfeeding support with a lactation consultant (breastfeeding teacher). Call to make an appointment. (Interpreters offered.)

2450 Ashby Ave., Berkeley (In-person, online, phone)

Monday – Friday, 9 am – 4 pm

Phone Number: **1.510.204.6546**

To find out if your class offers interpreting services, or to make a request, please call:

Alliance Member Services Department

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**

We hope these classes will help meet your health needs.

Best of Health,
Alliance Health Programs

Please see the next page for a list of breastfeeding support groups.

Enclosed:

- Notice of Nondiscrimination
- Language Assistance Services

[Please include this statement for Alliance members with Medi-Cal Coverage: The California Department of Health Care Services (DHCS) Medi-Cal Managed Care Ombudsman can also help. You can call the Ombudsman Monday through Friday, between 8:00 a.m. and 5:00 p.m. at 1-888-452-8609.]

Breastfeeding Support Groups in Alameda County
All groups are no cost to Alliance members

Alta Bates Summit Medical Center

Group meets weekly with an Alta Bates educator to discuss topics of interest to new breastfeeding mothers. Visit the website to search for a support group.

2450 Ashby Ave., Berkeley (Online)

Mondays, 12 pm – 1:30 pm

Phone Number: **1.510.204.6546**

www.sutterhealth.org/absmc/classes-events/pregnancy

Baby and Me

Kaiser – Healthy Living Center

Join “Baby and Me” to talk about feeding, sleeping, crying, and more. Visit the online class calendar to drop in or call for information. A Spanish group is available. (Interpreters are offered for Kaiser members, please call to request.)

Fremont, San Leandro (Online)

Weekly, 10:30 am – 12 pm

Phone Number:

Fremont **1.510.248.3455**

San Leandro **1.510.454.4531**

kp.org/sanleandro/prenatal

Mother’s Support Group

Stanford Health Care – Tri-Valley Lactation Center

Join other new moms in discussing baby topics, including infant changes and needs, breastfeeding, and sleep habits. Visit the website and click “Mother’s Support Group” to sign up.

5725 W. Las Positas Blvd., Pleasanton (Online)

Tuesdays, 1:30 pm – 2:30 pm

Phone Number: **1.925.416.3598**

stanfordhealthcare.org/tri-valley/support-groups.html