

LACTATION RESOURCES



CentraCare Lactation Support

Services

CentraCare – Long Prairie
320-732-2131

Inpatient services, outpatient appointments,
phone assistance

CentraCare – Melrose
320-256-4231, ext. 24218

Inpatient services, outpatient appointments,
phone assistance available Monday-Friday

CentraCare – Monticello
763-271-2218

Inpatient services, outpatient appointments,
phone assistance

CentraCare – Paynesville
320-243-3767, ext. 42375

Inpatient services only

CentraCare – Plaza Clinic Obstetrics & Women's Health
320-654-3630, ext. 51990
centracare.com/services/birthing-services/st-cloud/lactation-clinic/

Outpatient appointments, phone assistance

CentraCare – Plaza Clinic Pediatrics
320-229-5199, ext. 70268

Outpatient appointments, phone assistance

CentraCare – Rice Memorial Hospital
320-235-4543

Inpatient services,
phone assistance available Monday-Friday

CentraCare – Redwood
507-637-4500

Inpatient services only

CentraCare – Sauk Centre
Hospital: 320-352-2221
Clinic: 320-352-6591

Hospital: Inpatient services only
Clinic: Outpatient appointments, phone assistance

CentraCare – St. Cloud Hospital
320-251-2700, ext. 52311

Inpatient services, phone assistance

CentraCare – St. Cloud Hospital Neonatal Intensive Care Unit
320-251-2700, ext. 54722

Inpatient services Monday - Friday,
phone assistance

CentraCare Breastfeeding Classes

Online and in-person options. Register at centracare.com/events, 320-656-7021

Support Groups

Baby Café

- St. Cloud: 320-253-2664 & Facebook
- Monticello: 763-295-2954 & Facebook

- Buffalo: 763-684-7630 & Facebook
- Cornerstone in St. Michael: 612-584-9449 & Facebook

Breastfeeding USA

breastfeedingusa.org

La Leche League of Minnesota & the Dakotas

llofmdas.org/find-a-group.html

Support Resources	Contact Information
First Steps Central MN	763-276-0441
Breastfeeding Helpline of the National Women's Health Information Center	800-994-9662, Monday - Friday, 9 a.m. - 6 p.m.
Infant Risk Center Information on medications during pregnancy and lactation.	806-352-2519, Monday - Friday, 8 a.m. - 5 p.m. infantrisk.com
MotherToBaby 24-hour information on medications and more during pregnancy and lactation.	Call 866-626-6847, text 855-999-3525 or email: contactus@mothertobaby.org mothertobaby.org
Cell Phone Apps	
YoMingo	Free on iPhone App Store or Google Play
Online Resources	
Centers for Disease Control and Prevention	cdc.gov/breastfeeding
Central Minnesota Breastfeeding Coalition	facebook.com/CMBreastfeedingCoalition/
KellyMom	kellymom.com
LactMed	ncbi.nlm.nih.gov/books/NBK501922/
Minnesota Breastfeeding Coalition	mnbreastfeedingcoalition.org/
Minnesota Department of Health	health.state.mn.us/people/breastfeeding/aboutbf.html
Minnesota WIC Breastfeeding Resources	health.state.mn.us/people/wic/bf/index.html
Milk Donation - Donors must be prescreened. Call for more information on how you can donate.	
Minnesota Milk Bank for Babies	763-546-8051 email: info@mnmilkbank.org mnmilkbank.org
Area Milk Depots CentraCare Plaza in St. Cloud CentraCare – Monticello CentraCare – Long Prairie	320-251-2700, ext 51990 763-271-2218 320-732-7290
Human Milk Banking Association of North America	hmbana.org