

**Breastfeeding Support Resources**

**Riverside Regional Medical Center**

Virtual breastfeeding class – held Wednesday or Saturday

Call 757-612-6029 or register on-line

**https://www.riversideonline.com/health-resources/events/events%20registration?eventId=9e067353-f57c-43c3-9a1b-7cdd4240c690**

**Sentara Medical Center**

Sentara Williamsburg Regional Medical Center

100 Sentara Circle,

Yorktown Conference Room Williamsburg, VA 23188

Classes held monthly on Thursday from 7:00 – 9:00 PM

<https://www.sentara.com/hampton-roads-virginia/classesevents/events/breastfeeding-class-886.aspx?category=&search=breastfeeding>

**Child Development Resources** {Lakeside}

150 Point O Woods, Williamsburg, Va. 23188

757-566-3300

Breastfeeding Support Group available every Friday 10:00 – 11:30 – Currently virtual only

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| **Essex County** 804-443-3396, Ext. 11 | **Gloucester County** 804-693-1399 | **King & Queen County** 804-785-6154 | **King William County** 804-769-4988 | **Lancaster County 804-462-5197, Ext. 21** |
| **Mathews County** 804-725-7131 | **Middlesex County** 804-758-2381, Ext. 13 | **Northumberland County** 804-580-3731, Ext. 24 | **Richmond County** 804-333-4043, Ext. 24 | **Westmoreland County** 804-493-1124, Ext. 28 |

**National Breastfeeding Hotline**

800-994-9662

**Virginia Breastfeeding Coalition**

vabreastfeedingcoalition.org

**Department of Health and Human Services**

womenshealth.gov/breastfeeding

(800) 994-9662