

Breastfeeding Support Resources



- [La Crosse County WIC Program](#)
608-205-8755
- **La Crosse County WIC Breastfeeding Peer**
608-205-8019
- [Emplify \(Gundersen\) Health System](#)
608-775-6876
- [Mayo Clinic Health System Family Birth Center](#)
608-392-9723
- **Videos spoken in Hmong with English subtitles:**



- Free online classes, videos, and more: [Wisconsin WIC – HUG Your Baby](#)
- Reliable websites:
 - USDA WIC Breastfeeding Support: [Homepage](#) | [WIC Breastfeeding Support](#)
 - DHS Office on Women’s Health: [Breastfeeding](#) | [Office on Women's Health](#)
 - Breastmilk Counts (Texas WIC): [Video Blogs](#) | [Get Help](#) | [BreastmilkCounts.com](#)
 - USBC Workplace Guide: [Workplace Support in Federal Law](#)
 - Low Milk Supply: [Home](#) | [LowMilkSupply.Org](#)
 - Infant Risk Center: [Breastfeeding](#) | [InfantRisk Center](#)
 - Western Great Lakes Mother’s Milk Bank: [About Us - Milk Bank WGL](#)