

# LACTATION SUPPORT

Be strong, be fearless, be beautiful. And believe that anything is possible when you have the right people there to support you. ~  
Misty Copeland

## TREASURE VALLEY SUPPORT GROUPS

**LA LECHE LEAGUE OF TREASURE VALLEY, IDAHO**  
find them on Facebook or call 208-454-9948

### **BREASTFEEDING BRUNCH:BOISE**

<https://www.stlukesonline.org/communities-and-locations/support-groups/breastfeeding-bunch-boise>

### **CENTRAL DISTRICT HEALTH DEPARTMENT**

<http://cdhd.idaho.gov/wic-breastfeeding-classes>

## TREASURE VALLEY CLASSES

### **Boise Birth Services**

<https://boisebirth.com/prenatal-breastfeeding.php>

### **Saint Luke's**

<https://www.stlukesonline.org/communities-and-locations/classes-and-events/breastfeeding-plan-for-success-boise>

### **Saint Alphonsus**

<https://www.saintalphonsus.org/services/womens-health/maternity/classes-events>

### **ONLINE RESOURCES**

#### **KELLY MOM**

[HTTPS://KELLYMOM.COM/](https://kellymom.com/)

#### **LE LECHE LEAGUE INTERNATIONAL**

[HTTPS://WWW.LLLI.ORG/](https://www.llli.org/)

Carren Mattson- Helping Hands Birth Services  
[www.helpinghandsboise.com](http://www.helpinghandsboise.com)