



Breastfeeding Support Apoyo a la Lactancia

IN CARPENTERSVILLE & THE GREATER KANE COUNTY AREA
EN CARPENTERSVILLE Y EL KANE COUNTY ZONA



Advocate Sherman Hospital

📍 1425 N Randall Rd, Elgin, IL 60123

☎ (224) 783-8041

☑ lactation consultants available for in patient and outpatient with doctor's order

do not need to have delivered at Sherman

Hola Consultores de lactancia disponibles para pacientes internados y ambulatorios, con orden médica. *No es necesario que haya dado a luz en Sherman*



Baby friendly = breastfeeding promoted & supported
Amigo del bebé = lactancia materna promovida y apoyada

Empowered Pregnancy & Beyond

📍 Advocate Sherman Hospital *zoom*

☎ (224) 783-8041

✉ sher-empoweredpregnancy@aah.org

☑ free monthly virtual education topics for women, infants, and young children

⚠ class offered in English only

🕒 Hours: last Thursday of each month
6:30pm - 8:30pm

Beyond Baby Blues

📍 Advocate Sherman Hospital lower level
conference rooms 4 & 6

☎ (224) 783-8041

✉ Ashley Koeppen: Ashley.Koeppen@aah.org

☑ Feeling sad, anxious, lonely, irritable, or not like yourself, you're not alone! Peer led group for mothers with young children up to 2.

Hola Si te sientes triste, ansioso, solo, irritable o como si no fueras tú mismo, ¡no estás solo!
Grupo dirigido por pares para madres con niños pequeños de hasta 2 años.

🕒 Hours/Horas: Tuesdays/Martes 12pm - 1pm

Breastfeeding Support Group

📍 Advocate Sherman Hospital lower level
conference rooms 4 & 6 or via Zoom

☎ (224) 783-8041

☑ Bring baby. Meet & connect with other moms for support. Baby scale available for weight checks.

Hola Trae a tu bebé. Conoce y conecta con otras mamás para recibir apoyo. Hay una báscula disponible para controlar el peso del bebé.

🕒 Hours/Horas:

Special Time for Moms & Babies Under 6 Weeks Old

Tuesdays/Martes 9:30am-10:30am

All Infant ages

Tuesdays/Martes 11:30am - 12pm

Childbirth Classes

📍 *zoom*

☎ (630) 391-0001

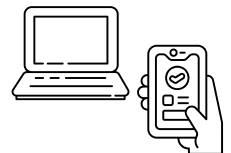
☑ free monthly prenatal classes

Ask your nutritionist to register

Hola Clases prenatales mensuales gratuitas

Pídele a tu nutricionista para registrarse

🕒 Hours/Horas: Tuesdays/Martes 5pm - 7pm





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VNA Health Care

📍 801 Villa St, Elgin IL 60120 & 620 Wing St, Elgin IL 60123

☎ Evi Flores (630) 892-4355 x3322

✉ eflores@vnahealth.com

☑ doula, prenatal classes

🗣️ doula, clases prenatales

St. Alexis Birthing Center

📍 1555 Barrington Rd. Hoffman Estates, IL 60169

Building 5; use Pediatric entrance

☎ (224) 299-7600

☑ B.E.S.T breastfeeding group: in person support, weighted feedings, and assistance from IBCLC

⚠️ english only - siblings welcome

🕒 Hours: Mondays 10am-11:30am

La Leche League

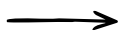
📍 Elgin/Schaumburg

🌐 <https://www.facebook.com/groups/107501652633509>

📍 Fox Valley

🌐 <https://www.facebook.com/groups/805310099580648>

**USDA WIC
Breastfeeding
Webpage**



Kids Above All

📍 620 Wing St., Suite 11, Elgin, IL 60123

☎ Charlotte Erickson (773) 391-3753

✉ cerickson@kidsaboveall.org

🌐 <http://www.kidsaboveall.org/>

☑ doula, ask your nutritionist about current classes

🗣️ doula, pregunta a tu nutricionista sobre las clases actuales

Northwestern Medicine - Delnor

📍 300 S Randall Rd. Geneva, IL 60134

☎ (630) 938-8878

☑ outpatient CLS, breastfeeding classes, weighted feedings, support group Tue 10-11:30am

🗣️ Consejeras de lactancia ambulatoria

Doulas of Family Focus

☎ (630) 247-6834

🌐 family-focus.org/center/dupage/

☑ doula, child welfare services, home visiting

🗣️ doula, servicios de bienestar infantil, visitas a domicilio

Just Breathe Birthing

✉ justbreathebirthing@gmail.com

🌐 <https://www.facebook.com/justbreathebirthing>

☑ doula, CLS, home visiting

WIC Breastfeeding Peer Counselors

☎ (630) 391-0001 & (224) 828-1479

☑ Common topics: milk supply, latching, returning to work, pump usage plan, hunger/satiety cues

🕒 Hours/Horas: call or text anytime

Llama o envía un mensaje en cualquier momento

🗣️ Temas comunes: suministro de leche, agarre, regreso al trabajo, plan de uso del sacaleches, señales de hambre y saciedad.