

# BREASTFEEDING HELP



Breastfeeding resources:

**San Diego County Breastfeeding Coalition**

3665 Kearny Villa Rd., San Diego, CA 92123

Phone: (800) 371-6455

**U.S. Department of Health and Human Services**

<https://www.womenshealth.gov/breastfeeding/breastfeeding-resources>

**La Leche League International**

<https://www.llli.org/>

**IF I'M HAVING PROBLEMS WITH BREASTFEEDING, I WILL REACH OUT TO:**

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