If you need help with breastfeeding or have questions, call any of these resource people.

**HOSPITALS**
**ASK FOR LACTATION EDUCATOR**
Mountain Home AFB Hospital  (208) 828-7520
St. Luke’s Regional Medical Center  (208) 381-2592
St. Luke’s Meridian Medical Center  (208) 706-3119
Saint Alphonsus Regional Medical Center  (208) 367-7380
McCall Memorial Hospital  (208) 634-2221

**HEALTH DEPARTMENTS**
Central District Health Department- WIC Program
Boise  (208) 327-7488
Garden Valley  (208) 327-7488
Horseshoe Bend  (208) 327-7488
Idaho City  (208) 327-7488
McCall  (208) 634-7194
Mountain Home  (208) 587-4409
Mountain Home AFB  (208) 828-3193

**LA LECHE LEAGUE**
Volunteer Accredited La Leche  1-800-LALECHE
League Leaders  http://www.llusa.org

**INTERNATIONAL LACTATION CONSULTANT ASSOCIATION**
Private Lactation Consultants by zip code  http://www.ilca.org

**BREASTFEEDING HELPLINE**
Monday - Friday 7am - 4pm MST  1-800-994-9662

For more information about the WIC Program, contact the Idaho Careline at 211 or 1-800-926-2588

The WIC Program is an equal opportunity provider.