

Community Resource Goodhue Wabasha Pierce County

Public Health Services

- Goodhue County Health and Human Services.....651.385.3200
- Wabasha County Public Health.....651.565.5200
- Pierce County Public Health.....715.273.6755
- Pepin County Health Department.....715.672.5961

Services include home visits for pregnancy postpartum and parenting, car seats, services to children with special needs and education regarding prevention of child abuse and domestic violence.

Mayo Clinic Health System—Red Wing Lactation Services

- International Board Certified Lactation Consultants.....651.267.5376
- Prenatal Breast Milk Collection Education Classes.....651.267.5376

WIC—Women, Infants & Children Program

- Goodhue County WIC.....651.385.6120
- Wabasha County WIC.....651.565.5200
- Pierce-Pepin County WIC.....715.273.6758

WIC provides families with healthy food, nutrition education, breastfeeding support and access to many other health services.

Postpartum Support

- Lake City Area Baby Café.....651.267.5376

(Wednesdays, 12:30 pm—2:30 pm, Lake City Library)

- Cannon Falls Area Baby Café.....651.267.5376

(Tuesdays, 9:30 am—11:30 am, 1st English Lutheran Church)

Baby Cafes are a breastfeeding drop-in group for pregnant and breastfeeding moms, dads and families.

- Red Wing Beyond Birth Classes.....651.267.5376

(Monday and Thursdays, 1:00 pm—2:30 pm, Mayo Clinic Health System—Red Wing)

Staff will address feeding issues, weight checks, skin issues/jaundice and healing of the umbilical cord and circumcision.

- La Leche League—Breastfeeding Support Group.....877.452.5324

Offers personalized mother to mother breastfeeding support, information and education through phone contact and a monthly support group.

Other Breastfeeding Resources

- Goodhue Wabasha Pierce County Breastfeeding Coalition.....651.267.5376
- Mother’s Gift—Milk Depot in Red Wing.....651.385.6163

Family Planning Resources

- First Choice Clinic—Red Wing.....651.267.4357
- Life Choice—Cannon Falls.....507.263.8000
- Options for Women—River Falls.....715.425.8539
- Pierce County Reproductive Health Clinic—River Falls.....715.425.8003

Other Resources

- Help Me Grow.....866.693.4769
- CDC Milestone Tracker app.....cdc.gov/MilestoneTracker
- Poison Control.....800.222.1222
- 211 United Way (Community Resource Information).....Dial 211

