



## Breastfeeding Support & Services in the Greater Sacramento Area



### Private Practice Lactation Consultants (IBCLC)

#### **SACRAMENTO & PLACER COUNTIES**

Linda Austin, IBCLC (Lincoln area)  
916-408-8006

Anita Butler, IBCLC, CCHt  
CD/PCD (DONA)  
916-524-1080

The Breastfeeding Center  
916-802-9647

Patricia DuBray, IBCLC  
916-685-1812

Herself Moms Lactation Consultants  
916-789-1011 or 916-455-6789

Michelle Kunschke, IBCLC  
916-956-1999

Midtown Lactation Consultants (MiLC)  
916-936-2229

Angelia Leipelt IBCLC, ICCE  
209-210-8464

Jewel Mohr, M.Ed, IBCLC  
530-318-1097

Amity Rajappa, IBCLC  
916-572-6810

Katte Smith, IBCLC  
916-579-9979

Mary Wagner-Davis, MS, MFT, IBCLC  
916-276-8016

Nancy Woo, RD, IBCLC  
916-932-8038

#### **YOLO COUNTY**

Mother & Baby Source  
530-756-6667

Breastfeeding Support Line  
800-663-8685

#### **SAN JOAQUIN COUNTY**

Salome Gatdula, LVN, IBCLC  
209-481-7415

### WIC Breastfeeding Support

#### **Community Resource Project WIC**

BF Helpline – 916- 326-5841  
Main Line – 916-326-5830

#### **Sacramento County WIC Breastfeeding Helplines**

English – 916- 875-2120  
Spanish – 916-875-2121  
Main Line – 916-876-5000

### Pump Rental Locations

Babies R Us  
Folsom: 916-817-2022  
Roseville: 916-784-9741

Herself Moms  
Roseville: 916-789-1011  
Sacramento: 916-455-6789

Sutter Medical Center - Lori's Gifts  
916-887-0250

Kaiser Patient Pump Rentals  
- Roseville – 916-784-5775  
- Point West – 916-614-4035  
- Folsom – 916-817-5278

UC Davis Medical Center - Pumps  
Tower 3, Women's Pavilion, Rm 3674  
916-734-7591

*Permission granted to duplicate, distribute or post. Please send additions &/or corrections to Samantha Slaughter, at CRP WIC at [samanthas@crresource.org](mailto:samanthas@crresource.org).  
Revised 05/17.*

### Hospital Lactation Services

Kaiser North Valley Breastfeeding  
Help Line  
916-784-4050

Kaiser South Sac Breastfeeding Center  
916-688-6676

Mercy Folsom Hospital  
916-984-7347



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## Community Support Groups

### La Leche League-

#### Roseville/Citrus Heights

Every 3<sup>rd</sup> Tuesday at 10am  
Every 1<sup>st</sup> Wednesday at 6:30pm  
Raley's Event Center  
1915 Douglas Blvd, Roseville

### La Leche League - Elk Grove

Every 1<sup>st</sup> Monday at 10am  
Call leaders for info on location  
CONTACT: Patricia 916-685-1812 or  
Karen 916-217-9580

### La Leche League – Natomas

Every 2<sup>nd</sup> Tues at 10am  
CONTACT: Debbie 916-304-5228 or  
Michelle 916-956-1999

### LLL – Sacramento

Every 2<sup>nd</sup> Tuesday at 6:30pm  
1007 2<sup>ND</sup> St, Sacramento  
Every 3<sup>rd</sup> Thursday at 10am  
2143 Hurley Way, Ste150 Sacramento  
CONTACT: 916-442-5920

### La Leche League – Auburn

Every 1<sup>st</sup> Monday at 7pm;  
Every 3<sup>rd</sup> Wed at 10am  
St. Paul's Lutheran Church  
CONTACT: Becky 530-878-1855

### La Leche League – Grass Valley

Every 2<sup>nd</sup> Friday at 10am  
Sierra Adoption Agency  
CONTACT: Risa 530-273-5558

### Healthy Mom Healthy Baby Support Group

African-American Women 18+ yrs.  
(pregnant/new moms)  
CONTACT: Joyce 916-876-5504

### Just Between Moms Support Group

Meets twice monthly  
CONTACT Catherine O'Brien, LMFT  
916-718-9501  
<http://www.meetup.com/Sacramento-New-Mom-Connections/>

*\*NOTE: Meeting days/times/locations  
are subject to change, please contact  
directly to confirm.*

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## Hospital Support Groups

### Kaiser Baby & Me Groups

916-631-2027

### Kaiser Folsom

#### Iron Point Campus

Tuesdays, 9:00am – 12pm

### Kaiser Sacramento

#### Point West Campus

Wednesdays, 9:00am -12pm

### Kaiser Roseville

#### Sierra Gardens Campus

Thursdays, 9:00am -12pm

### Kaiser Elk Grove

#### Big Horn Campus

Thursdays, 10:00am - 12pm  
916-688-2754

### Mercy Hospital of Folsom

New Mom's Support Group  
Wednesdays, 10:00-11:30am  
916-453-4518

### UC Davis Medical Center

#### Breastfeeding Support Group

Thursdays at 10am  
Glassrock Building  
2521 Stockton Blvd, Room 7106  
916-734-7591

### Sutter Breastfeeding Support Group

Sutter Medical Plaza  
1625 Stockton Blvd, Classroom 6  
Thursday 10:30am-12:30pm  
\*Registration Required  
Lynn – 916-887-4037

### Sutter Mothers' Outlet

#### Support Group-Sacramento

Sutter Medical Plaza  
1625 Stockton Blvd, Classroom 6  
Thursdays, 10:30am – 12:30pm  
916-887-4037

### Sutter Mothers' Outlet

#### Support Group-Roseville

3100 Douglas Blvd, Rm 205  
Fridays 9:30-11:30am  
916-887-4037

### Sutter Mothers of Multiples Group

Every Friday from 10:30am-12:30pm  
Sutter Medical Plaza  
1625 Stockton Blvd  
916-887-4037

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## World Wide BF Support

National BF & Women's Health  
Helpline

800-994-9662

Sacramento La Leche League  
916-442-5920

LLLI.org

877-4 LA LECHE

## Affordable Care Act (ACA) Breastfeeding Support & Breast Pump Resources

*As part of women's preventive  
services under the ACA, new plans are  
required to cover breastfeeding  
support, supplies, and counseling.*

[http://www.nwlc.org/sites/default/files/pdfs/nwlc\\_breastfeedingfactsheet.pdf](http://www.nwlc.org/sites/default/files/pdfs/nwlc_breastfeedingfactsheet.pdf)

<https://www.healthcare.gov/coverage/breast-feeding-benefits/>

[www.hrsa.gov/womensguidelines/](http://www.hrsa.gov/womensguidelines/)

