

Breastfeeding Support & Services in the Greater Sacramento Area



Private Practice Lactation Consultants (IBCLC)

SACRAMENTO & PLACER COUNTIES

The Breastfeeding Center
916-802-9647

Herself Moms Lactation Consultants
916-455-6789

Jewel Mohr, MEd, IBCLC
530-318-1097

Katte Smith, IBCLC
916-579-9979

Michelle Kunschke, IBCLC
916-956-1999

Midtown Lactation Consultants (MiLC)
916-936-BABY

Pediatric Medical Associates (PMA)
Amity Rajappa, IBCLC
916-924-9337

YOLO COUNTY

Mother & Baby Source, Davis
530-756-6667

Yolo County Community
Breastfeeding Support Line
800-663-8685

SOUTH SACRAMENTO

Angelia Leipelt IBCLC, ICCE (Galt, EG)
209-210-8464

Patricia DuBray, IBCLC (Galt, EG, Lodi)
916-685-1812

PLACER & NEVADA COUNTIES

Danielle Bouchier, RN, IBCLC
(Grass Valley/Auburn/Loomis)
530-788-3032

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

Lisa Robinson, RN, IBCLC
530-401-3235

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

The NEST Family Resource
(Nevada City/Colfax/Auburn)
530-NEST-411

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

Placer WIC Peer Counselor Program

530-889-7211 (Se habla Espanol)

Pump Rental Locations

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

Herself Moms
916-455-6789

Mother & Baby Source – Davis
530-756-6667

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 or 916-734-2866

Hospital Lactation Services

Kaiser North Valley
Breastfeeding Services
916-784-4050

Kaiser South Sac Breastfeeding Center
916-688-6676

Mercy Folsom Lactation Lounge
916-984-7347

Community Support Groups

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

LLL – Downtown

Every 2nd Tuesday at 6:30pm
1007 22ND St, Sacramento

LLL – Sacramento

Every 3rd Thursday at 10am
2143 Hurley Way, Ste 150 Sacramento
CONTACT: Sybil 916-548-0437

La Leche League - Elk Grove

Every 3rd Friday at 10am
CONTACT: Patricia 916-685-1812 or
Karen 916-217-9580

La Leche League – Natomas

Every 4th Tues at 6pm
CONTACT: Debbie 916-304-5228 or
Michelle 916-956-1999

La Leche League- Roseville

Every 3rd Tuesday at 10am
Bayside Church Café
8191 Sierra College Blvd
CONTACT: Monique 916-708-1263

La Leche League – Auburn

Every 3rd Wed at 9am
St. Paul's Lutheran Church
275 Nation Drive, Auburn
CONTACT: Julie 916-435-5293

Breastfeeding Café

5440 Laurel Hills Drive – Sacto
Free Breastfeeding Clinic
Mondays 10:30am – 12pm
CONTACT: 916-802-9647

Healthy Mom Healthy Baby Support Group

African-American Women 18+ yrs.
CONTACT: 916-875-BABY

Black Mothers Club 4 Healthy Babies

2nd Wed on the month @ 9:30am
blackmothersclub@gmail.com

Black Mothers United Support Group

2nd Wednesday of the month
4625 44th Street, Sacramento
CONTACT: Kenya 916-558-4812

Breastfeeding USA Support Group

Saturday & Wednesday meetings
<https://m.facebook.com/BFUSApacer/>
CONTACT: Mallory, CLE 916-792-6716

Hospital Support Groups

Mercy General Hospital

2nd Friday of each month – 11am-1pm
916-733-6897

Methodist Hospital of Sacramento

2nd Friday of each month – 10:30am
916-681-1878

Mercy Folsom New Mom's Group

Wednesdays, 10:00-11:30am
916-453-4518

UC Davis Medical Center

Breastfeeding Support Group
2521 Stockton Blvd, Room 7106
Thursdays at 9:30-11:30am
916-734-7591

Kaiser Baby & Me Folsom Iron Point Campus

Tuesdays, 9:00am – 12pm
916-474-6610

Kaiser Baby & Me Sacramento Point West Campus

Wednesdays, 9:00am -12pm
916-474-6610

Kaiser Baby & Me Roseville Sierra Gardens Campus

Thursdays, 9:00am -12pm
916-474-6610

Kaiser Baby & Me Elk Grove Big Horn Campus

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

Sutter Breastfeeding Support Group

1625 Stockton Blvd, Classroom 6
Monday 10:30am-12:30pm
**Open to All/Call to Register*
Lynn – 916-887-4037

Sutter Breastfeeding Support Group

Sutter Roseville Hospital
Medical 1 Plaza Dr, Conf Rm #14
Fridays 12:30 - 2:30 p.m.
**Open to All/Call to Register*
Lynn – 916-887-4037

Sutter Mothers' Outlet Support Group-Sacramento

1625 Stockton Blvd, Classroom 3
Fridays 9:30-12:30
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

1625 Stockton Blvd, Classroom 3
Fridays from 9:30-12:30pm
916-887-4037

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

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

www.hrsa.gov/womensguidelines/

