

## Breastfeeding Support & Services in the Greater Sacramento Area



### Private Practice Lactation Consultants (IBCLC)

#### SACRAMENTO & PLACER COUNTIES

The Birth Center  
Breastfeeding Services  
916-802-9647

Carolina Jones, IBCLC  
\*English & Spanish  
916-879-4229

Michelle Kunschke, IBCLC  
916-956-1999

Midtown Lactation Consultants (MiLC)  
916-936-BABY

Jewel Mohr, MEd, IBCLC  
530-318-1097

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

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

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

#### PLACER & NEVADA COUNTIES

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

Danielle Bouchier, RN, IBCLC  
530-788-3032

Rachel Maxim, IBCLC  
916-240-1265

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

Lisa Robinson, RN, IBCLC  
530-401-3235

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

#### SAN JOAQUIN COUNTY

Salome Gatdula, LVN, IBCLC  
209-481-7415

Kaiser South Sac Breastfeeding Center  
916-688-6676

Kasier North Valley Breastfeeding  
916-784-4050

### 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

Midtown Lactation Consultants (MiLC)  
916-936-BABY

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

Mercy Folsom Lactation Lounge  
\*Drop-in LC appts Weds 10am-1pm  
916-984-7347

## Community Support Groups

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

### LLL – Downtown

Every 2<sup>nd</sup> Tuesday at 6:30pm  
1007 22<sup>ND</sup> St, Sacramento

### LLL – Sacramento

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

### La Leche League - Elk Grove

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

### La Leche League – Auburn

Every 3<sup>rd</sup> 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 United Support Group

2<sup>nd</sup> Wed – 11am-1pm  
4625 44<sup>th</sup> 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

2<sup>nd</sup> Friday of each month – 11am-1pm  
916-733-6897

### Methodist Hospital of Sacramento

2<sup>nd</sup> Friday of each month – 10:30am  
916-681-1878

### Mercy San Juan Hospital, Suite #418

Thursdays, 9-10:30am  
916-537-5035

### Mercy Folsom New Mom's Group

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

### 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

### UC Davis Medical Center

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

### 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 Roseville Breastfeeding Support Group

Medical 1 Plaza Dr, Conf Rm #14  
Fridays 12:30 - 2:30pm  
*\*Open to All/Call to Register*  
Lynn – 916-887-4037

### Sutter Mothers' Outlet Support Group-Sacramento

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

### Sutter Mothers' Outlet Support Group-Roseville

3 Medical Plaza Drive, 2<sup>nd</sup> floor  
Fridays 9:00 – 11:00am  
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

### LLL.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/)

