

AMADOR/CALAVERAS BREASTFEEDING RESOURCES 2011

Amador/Calaveras Breastfeeding Coalition: 209.223.7685/800.218.2427 Naida Hertzog, Chair

The coalition is a collaborative group of community members and health care professionals who meet to organize local efforts to promote and support breastfeeding. Please visit: www.facebook.com/ACBCoalition

WIC Supplemental Food Program:

Women, Infants & Children Nutrition Program provides breastfeeding classes, added food vouchers, breast pumps and breastfeeding aids at no cost for income-eligible clients.

The Resource Connection Mother Lode WIC (Amador & Calaveras) 223.7685 or 800.218.2427

Breastfeeding Peer Counselors:

WIC 800.218.2427 or 209.223.7685

Sasha 209.304.0930 Mary 209.728.9352 Amy 916.838.8623 Tara 209.772.2182

Motherlode Holistic Connection: Brandy 209.304.8495 or drop-in Saturday @ 1001 Broadway, Jackson

Public Health Nurse:

Provides breastfeeding education and support in Calaveras County with no cost for home visits

Robin Bunch, RN PHN CLC 209.754.6460

FREE - Sutter Amador Hospital Breastfeeding Success Group: Wednesday 10:30 – 12 noon

Led by a certified lactation consultant, this is an educational group tailored to your immediate or long term needs. Available to all mothers & babies in our communities.

For information or breastfeeding questions, call **Jane Snyder, RN, IBCLC at 209.223.7452**

La Leche League 1.800.LALECHE (525.3243)

See also: www.llli.org

Is an International nonprofit, nonsectarian organization providing information, support, encouragement, and education to women who want to breastfeed. Monthly meetings allow moms to share the joys and challenges of breastfeeding. Phone help and home visits are available by accredited leaders.

Teglene: 795.4393 Arnold Susan: 728.9704 Murphys

Breast Pumps & Breastfeeding Aids:

Businesses offering breast pumps and breastfeeding aids:

Lactation Station: Debbie Townsend, IBCLC 352.2750 Jamestown

WIC 223.7685 or 800.218.2427

Sutter Amador Hospital 223.7460

Private Practice Certified Lactation Consultation:

With Woman Care – Kathy Fox, RNC, CNM, IBCLC, CD (DONA) 404.6206

3 P's Lactation - Donna Cretan, RNC, BSN, IBCLC phone help, home visits (209) 588.8881

The Lactation Station - Debbie Townsend, IBCLC (209) 352.2750

National Women's Health Breastfeeding Help line 1.800.994.9662, www.4woman.gov

Info specialists trained through LLL answer basic breastfeeding concerns. M-F 6am-3pm Pacific Time

Websites: www.breastfeed.com www.breastfeedforall.org www.gotmom.org www.kellymom.com

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