

Amador ~ Calaveras Breastfeeding Resources 2013

No cost Services ~

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

(209) 223-7685; (800) 218-2427; Women, Infants & Children Program provides private no-cost breastfeeding consultations by staff IBCLC in addition to our peer counseling program, breastfeeding classes, and other breastfeeding aids as needed. The Resource Connection WIC (Amador & Calaveras).

Calaveras County Public Health

(209) 754-6460, Robin Bunch, RN PHN; Provides breastfeeding education and support in Calaveras County with no cost for home visits.

Sutter Amador Hospital Breastfeeding Success Group

(209) 223-7452, Jane Snyder, RN, IBCLC; Wednesday 10:30am-12:00 noon. Led by a certified lactation consultant, this is an educational group tailored to your immediate or long term needs. **FREE to all mothers & babies in our communities.** Call for information or breastfeeding questions.

La Leche League

(800)LALECHE (525-3243), www.lli.org, La Leche League is an international nonprofit, nonsectarian organization providing information, support, encouragement, and education to women who want to breastfeed. Phone help is available by accredited leaders.

Breastfeeding USA: Motherlode Moms

(209) 795-4393, Teglene Ryan, tegleneBFUSA@att.net, www.breastfeedingusa.org; Monthly meetings for breastfeeding support. Visit www.facebook.com/BreastfeedingUSA.

National Women's Health Breastfeeding Help Line

(800) 994-9662; M-F 6am-3pm Pacific Time, www.4woman.gov. Info specialists trained through La Leche League answer basic breastfeeding concerns.

Infant Risk Center

(806) 352-2519, M-F 8am-5pm Central Time, www.infantrisk.com, www.facebook.com/InfantRiskCenter. Information on the use of medications in pregnancy & with breastfeeding. Dr. Thomas Hale, author of Medications and Mother's Milk is the executive director.

Other Websites ~

www.breastfeed.com;

www.breastfeedingforall.org;

www.gotmom.org;

www.kellymom.com



For Fee Services ~

Private Practice Certified Lactation/Consultation for Breastfeeding Support

Lodi Lactation, Holly Newman, BSN, RN, IBCLC, RLC

Lodi/Stockton (209) 712-7304

The Lactation Station, Debbie Townsend, IBCLC

Jamestown (209) 352-2750

Peggy Leach, RN, IBCLC

Soulbysville (209) 532-1213

With Women Care, Kathy Fox, CNM, IBCLC (weekdays)
(weekends)

Soulsbyville (209) 404-6206
(209)928-1509

3 P's Lactation, Donna Cretan, RNC, BSN, IBCLC

Columbia (209) 588-8881

Jean Beck

Crystal Falls (209) 536-9199

(559) 936-4124