



## Amador Calaveras Breastfeeding Support

No Cost Community Resources

### Amador Calaveras Breastfeeding Coalition

- *Community members and professionals meet monthly to organize local efforts to support breastfeeding families in our communities.*  
Contact Sasha Kristoffersen IBCLC at **209.223.7685** or **800.218.2417**  
Like us on our Facebook page at **facebook.com/acbcoalition**

### The Resource Connection/Amador & Calaveras WIC (Women, Infants & Children Supplemental Food Program)

- *Breastfeeding Peer Counseling program, private consultation with IBCLC, breastfeeding classes and other breastfeeding aids & pumps, as needed.*  
Contact **209.223.7685** or **800.218.2417**

### Sutter Amador Hospital Breastfeeding Success Group

- *Meet weekly with IBCLC and other breastfeeding moms for an educational group tailored to your needs, problem-solving, help and support. Meetings held every Wednesday 10:30am to 12:00 noon. Call with breastfeeding questions or information.*  
Contact Jane Snyder RN IBCLC Voice mailbox **209.223.7452**

### Sutter Amador Hospital Lactation Station

- *Hospital-grade breastpump rentals and breastfeeding supplies.*  
Contact **209.223.7460**

### Baby & Me Program/Calaveras County Public Health Department

- *Breastfeeding education and support; home visits*  
Contact **209.754.6460**

## World-Wide Resources

### National Breastfeeding and Women's Health

- *Support and basic breastfeeding information with trained counselors.*  
Helpline **800.994.9662** Monday to Friday 6am to 3pm  
Website at **womanshealth.gov**

### La Leche League

- *Information, support, encouragement and education for women who want to breastfeed and their families by trained and accredited counselors. Local group information. Website has information on many breastfeeding topics.*

Contact **Local:** Julie Swanner LLL Leader **209.257.9918**

**National: 877.4LALECHE (877.452.5324)** Website at **llli.org**

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Please send corrections/additions to Diane Hosmer RN MSN IBCLC at [Diane@MothersOwnMilkMatters.com](mailto:Diane@MothersOwnMilkMatters.com)

## Breastfeeding & Medications

*MotherToBaby.org* 866.626.6847  
free app available

LactMed at *toxnet.nlm.nih.gov*  
free app available

Infant Risk Center *infantrisk.com*  
or [facebook.com/InfantRiskCenter](https://www.facebook.com/InfantRiskCenter)  
**806.352.2519**

## Private Practice IBCLCs

Diane Hosmer RN MSN IBCLC  
Murphys **209.822.5284** (text/call)  
[diane@MothersOwnMilkMatters.com](mailto:diane@MothersOwnMilkMatters.com)

Donna Cretan RNC BSN IBCLC  
3 Ps Lactation - Columbia  
**209.588.8881 / 209.834.7978**

Jordan McLaurin IBCLC – Sonora  
**209.743.0155**

Holly Newman RN BSN IBCLC RLC  
Lodi Lactation - Lodi/Stockton  
**209.712.7304**  
[LodiLactation.com](http://LodiLactation.com)

*IBCLC = International Board Certified Lactation Consultant, the highest level of breastfeeding support.*

## Additional Web Resources

*KellyMom.com* – Trusted information on breastfeeding by an IBCLC.

*Healthcare.gov/coverage/breast-feeding-benefits/* - information on ACA breastfeeding support, supplies and counseling.

California Department of Public Health *cdp.ca.gov > breastfeeding*  
Information on laws for breastfeeding in public and workplace accommodation.

California Breastfeeding Coalition  
[californiabreastfeeding.org](http://californiabreastfeeding.org)