

Winter
2019/20



Breastfeeding Support & Services in the Greater Sacramento Area



Private Practice Lactation Consultants (IBCLC)

Greater Sacramento Area

[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](#)

Amity Rajappa, IBCLC
(916) 924-9337

Patricia DuBray, IBCLC

*Galt, Elk Grove, Lodi
(916) 685-1812

Angelia Leipelt, IBCLC

*Galt, Elk Grove
(209) 210-8464

Yolo County

Yolo County Community
Breastfeeding Support Line
(800) 663-8685

Placer & Nevada Counties

Linda Austin, IBCLC
Lincoln
(916) 408-8006

[Danielle Bouchier, RN, IBCLC](#)

(530) 788-3032

[Faithful Lactation Support](#)

Shanee Euren, RN, BSN, RNC-NiC, IBCLC
(916) 367-1535

Rachel Maxim, IBCLC

(916) 240-1265

[The Nest](#)

Nevada City, Colfax, Auburn
(530) NEST-411

Mary Wagner-Davis, MS, MFT, IBCLC

(916) 276-8016

Hospital Lactation Services

[Kaiser South Breastfeeding Center](#)

(916) 688-6676

Walk-in Clinic: Monday-Friday 9-11am

Kaiser North Valley Breastfeeding

(916) 784-4050

[Mercy Folsom Lactation Lounge](#)

By Appt Monday-Friday 1-4pm

*Drop-in LC appts Wednesdays 10am-1pm

1600 Creekside Dr., Ste 1500

(916) 984-7347

Pump Rental Locations

[Midtown Lactation Consultants \(MiLC\)](#)

(916) 936-BABY

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

WIC Breastfeeding Support

Community Resource Project (serving Sacramento County)

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 County WIC

Peer Counselor: (530) 889-7211

Main Line:

(916) 784-6447 or (530) 889-7187

Community Support Groups

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

LLL Downtown

2nd Tuesday - 6pm
1007 22nd St, Sacramento

LLL Elk Grove

*Phone/email support only
Carolina: (916) 874-4229 or
lllcarolinajones@gmail.com

LLL Roseville

3rd Tuesday - 10am
Bayside Church Cafe
8191 Sierra College Blvd
Monique: (916) 259-4759

LLL Sacramento

3rd Thursday - 10am
The Root - 3385 Lanatt St, Ste D
Michelle: (916) 956-1999

LLL Natomas

4th Tuesday - 6pm
Debbie: (916) 304-5228 or
Michelle: (916) 956-1999

LLL Auburn

3rd Wednesday - 9:30am
St. Paul's Lutheran Church
275 Nation Dr
Julie: (916) 435-5293

The Birth Center

5440 Laurel Hills Dr, Sacramento
FREE Lactation Clinic
Mondays 10:30am-12pm

Connections- New Parent Support Group

2nd Monday, 10-11am
The Root - 3385 Lanatt St, Ste D
Contact: Catherine - (916) 718-9501

Breastfeeding USA Support Group

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

Hospital Support Groups

Mercy General

2nd Friday - 11am-1pm
(916) 733-6897

Methodist

2nd Friday - 10:30-11:30am
(916) 681-1878

Mercy Folsom

Wednesdays 10-11:30am
(916) 453-4518

UC Davis Medical Center

Thursdays 9:30-11:30am
2521 Stockton Blvd, Rm 7106
(916) 734-7591

Kaiser Baby & Me Group

Folsom Iron Point Campus
Tuesdays, 9:00-11:00am
Sacramento Point West Campus
Wednesdays, 9:00-11:00am
Roseville Sierra Gardens Campus
Thursdays, 9:00-11:00am
Elk Grove Big Horn Campus
Thursdays, 10:00am-12:00pm

Sutter Mothers' Outlet Group

Sacramento
Fridays 9:30am-12:30pm
1625 Stockton Blvd, Classroom 3
Roseville
Fridays 9-11am
3 Medical Plaza Dr, 2nd Floor

Sutter Breastfeeding Support Group

**Call to register: (916) 887-4037*
Sacramento
Mondays 10:30am-12:30pm
1625 Stockton Blvd, Suite 210
Roseville
Fridays 1:30-3:30pm
Medical 1 Plaza Dr, Conf Rm 12

Worldwide Breastfeeding Support

National Women's Health & Breastfeeding Helpline

(800) 994-9662
www.womenshealth.gov

La Leche League USA Breastfeeding Helpline

(877) 4-LA LECHE
www.lllusa.org

Affordable Care Act (ACA) Breastfeeding Support & Breastpump Resources

https://www.nwlc.org/sites/default/files/pdfs/final_nwlcbreastfeedingtoolkit2014_edit.pdf

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

<https://www.dol.gov/whd/workers.htm>

