COVID-19 Sacramento Breastfeeding Resource List

Private Practice Lactation Consultants (IBCLC)
I=in-person; V=virtual

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

The Birth Center  I
Breastfeeding Services
(916) 802-9647

Faithful Lactation Support  I
Shanee Euren, RN, BSN, RNC-NIC, IBCLC
(916)367-1535

Carolina Jones, IBCLC  V
*English & Spanish
(916) 879-4229

Michelle Kunschke, IBCLC  V
(916) 956-1999

Rachel Maxim , IBCLC  I
South Placer Co.
(916) 240-1265

Midtown Lactation Consultants (MiLC)  I
(916) 936-BABY

Jewel Mohr, MED, IBCLC  V
(530) 318-1097

The Nest   V
Nevada City, Colfax, Auburn
(530) NEST-411

Pediatric Medical Associates  V
Amity Rajappa, IBCLC
(916) 924-9337

Takes Two  I, V
Gina Sterchi, BSN, RN, PHN, IBCLC
(916) 778-3171

Kaiser South Breastfeeding Center
Phone, video, limited in-person
(916) 688-6676

Kaiser North Valley Breastfeeding
Phone, video, in-person
(916) 784-4050

UC Davis Med Center Phone Support
(916) 734-6972

WIC Breastfeeding Support  Phone support, breastpump loans for WIC participants

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

Pump & Scale Rental Locations

Mercy Hospital of Folsom Pump Rentals
(916) 984-7347

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

DME Providers

Byram Healthcare
https://breastpumps.byramhealthcare.com/

Hygeia Health
TEXT the word PUMP to (760) 227-7270
http://momsgetmore.com/

Pumping Essentials
(866)688-4203
www.pumpingessentials.com

Simply Mama
(844) 470-7867
https://simplymamabreastpumps.com/
### Community & Hospital Support Groups

<table>
<thead>
<tr>
<th>The Birth Center</th>
<th>La Leche League Sacramento</th>
<th>Taking Care of Mama</th>
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<tbody>
<tr>
<td><strong>Available in person</strong></td>
<td><strong>Available via Zoom</strong></td>
<td><strong>Available via Zoom</strong></td>
</tr>
<tr>
<td>Mondays 10:30am-12pm</td>
<td>2nd Tuesday - 6pm</td>
<td>Tuesdays</td>
</tr>
<tr>
<td>5440 Laurel Hills Dr, Sacramento</td>
<td>3rd Thursday - 10am</td>
<td>For meeting link:</td>
</tr>
<tr>
<td>FREE Lactation Clinic</td>
<td>See sacroot.com for details</td>
<td>Spanish - call (310) 590-5088</td>
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<thead>
<tr>
<th>Happy With Baby Virtual Meet-up</th>
<th>Sutter Mothers’ Outlet Group</th>
<th>UC Davis</th>
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<tbody>
<tr>
<td>Fridays, 10am</td>
<td><strong>Sacramento - Available online</strong></td>
<td>Breastfeeding Support Group</td>
</tr>
<tr>
<td>See happywithbaby.com for details</td>
<td>Fridays 9:30am-12:30pm</td>
<td><strong>Available via Zoom</strong></td>
</tr>
<tr>
<td></td>
<td>Call to register: (916) 887-4037</td>
<td>Thursdays 10am</td>
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<td></td>
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<td><a href="https://tinyurl.com/u8aflwa">https://tinyurl.com/u8aflwa</a></td>
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### Local & National Phone Support

<table>
<thead>
<tr>
<th>La Leche League - mother-to-mother support</th>
<th>National Women's Health &amp; Breastfeeding Helpline</th>
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</thead>
<tbody>
<tr>
<td>Carolina: (916) 874-4229 or <a href="mailto:lllcarolinajones@gmail.com">lllcarolinajones@gmail.com</a></td>
<td>(800) 994-9662</td>
</tr>
<tr>
<td>Debbie: (916) 304-5228</td>
<td><a href="http://www.womenshealth.gov">www.womenshealth.gov</a></td>
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<tr>
<td>Julie: (916) 435-5293 (Auburn)</td>
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<tr>
<td>Michelle: (916) 956-1999</td>
<td></td>
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<tr>
<td>Monique: (916) 259-4759 (Roseville)</td>
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<tr>
<td>La Leche League USA Breastfeeding Helpline: (877) 4-La Leche</td>
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### Online Resources for COVID-19 Information

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

- California MCAH COVID-19 for Women & Families
  [https://tinyurl.com/ryglk659](https://tinyurl.com/ryglk659)

- Centers for Disease Control & Prevention (CDC)
  COVID-19 & Breastfeeding
  [https://tinyurl.com/uahnaoc](https://tinyurl.com/uahnaoc)

- Academy of Breastfeeding Medicine
  [https://tinyurl.com/rbosj89](https://tinyurl.com/rbosj89)

- 4th Trimester Project
  [www.newmomhealth.com](http://www.newmomhealth.com)

### Affordable Care Act (ACA) Resources

- New Benefits for Breastfeeding Moms Toolkit
  National Women's Law Center
  [https://tinyurl.com/qmc6qu4](https://tinyurl.com/qmc6qu4)

- Summary of Breastfeeding Benefits
  Healthcare.gov

- Federal Lactation Accommodation Law
  US Department of Labor
  [https://tinyurl.com/thpwyly](https://tinyurl.com/thpwyly)

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