



COMMUNITY SUPPORT GROUPS

La Leche League - Sacramento

Day Meeting

3rd Thursday of the month @10:00am
2143 Hurley Way, Suite 150 - Sacramento

Evening Meeting

2nd Tuesday of the month @6:30pm
Kindermusik 1007 22nd Street - Sacramento
Michelle: (916) 956-1999

La Leche League - Elk Grove

Call for updated Dates & Times
Michelle: (916) 956-1999

La Leche League - Natomas

Call for updated Dates & Times
Michelle: (916) 956-1999

La Leche League - Auburn

Call for updated Dates & Times
Sara: (530) 878-1855

Just Between Moms Support Group - Sacramento

2nd Monday of the month @10:00am
1116 22nd St Sacramento

Breastfeeding Café - Sacramento Free Breastfeeding Clinic

Mondays @10:30am
5440 Laurel Hills Drive
Contact: (916) 802-9647

Black Mothers Club 4 Healthy Babies - Sacramento

2nd Wednesday of the month @9:30am
401 McClatchy Way, Sacramento
blackmothersclub@gmail.com

Black Mothers United Support Group - Sacramento

2nd Wednesday of the month
4625 44th Street, Sacramento
Kenya (916) 558-4812

HOSPITAL SUPPORT GROUPS

UC Davis Medical Center - Sacramento

Thursdays 9:30 - 11:30am
Glassrock Building
2521 Stockton Blvd, Room 7106, Sacramento
Debbie: (916)734-6972

UC Davis Medical Center - Davis CA

Shirley German, IBCLC
Voicemail: (530) 752-2157
For Group Appts: (530) 747-3000

Sutter Breastfeeding Support Group - Sacramento

* Registration Required*
Mondays 10:30am - 12:30pm
Sutter Medical Plaza
1625 Stockton Blvd, Sacramento
Lynn: (916) 887-4037

Sutter Breastfeeding Support Group - Roseville

Registration Required
Fridays 12:30 - 2:30pm
1 Medical Plaza 1625 Roseville
Lynn: (916) 887-4037

Sutter Mothers' Outlet Support Group - Sacramento

Thursdays 10:00 - 11:30am
Plaza 1625 Stockton Blvd, Sacramento, CA 95816
Lynn: (916) 887-4037

Sutter Mothers' Outlet Support Group - Roseville

Fridays 9:30 - 10:30am
Plaza 3100 Douglas Blvd.
Lynn: (916) 887-4037

Mercy Folsom Lactation Lounge - Folsom

(916) 984-7347

WORLD WIDE BF SUPPORT

National Breastfeeding & Women's Health Helpline
(800) 994-9662
La Leche League - LLLI.org - (877) 4LA-LECHE

PRIVATE PRACTICE LACTATION CONSULTANTS

Breastfeeding Support & Service In the Greater Sacramento Area

- Amity Rajappa, IBCLC (916) 572-6810
- Angelia Leipelt, IBCLC, ICCE (209) 210-6486
- Debbie Townsend, IBCLC (209) 352-2750
- Herself Moms Lactation Consultants (916) 455-6789
- Jewel Mohr, M.Ed., IBCLC (530) 318-1097
- Mary Wagner, MS,MFT, IBCLC (916) 276-8016
- Michelle Kunschke, IBCLC (916) 956-1999
- MiLC Clinic (916) 936-2229
- Nancy Woo, RD, IBCLC (916) 932-8038
- Salome Gatdula, LVN, IBCLC (209) 481-7415
- Tina Lavy, IBCLC (530) 756-8887

PUMP RENTAL LOCATIONS

UC Davis Medical Center (UCD Patients Only)
Main Hospital, Tower 3
Sacramento: (916) 734-7591

Herself Moms Breast Pump Rentals
Roseville: (916) 789-101
Sacramento: (916) 455-6789

Mother & Baby Source
Davis: (530) 756-6667

Sutter Medical Center Lori's Gifts
Sacramento: (916) 887-0250

VA Breastfeeding Support
Caren Cline
Office: (916) 561-7732
Fax: (916) 561-7486
Cell: (916) 548-2982

BREASTFEEDING WEBSITES

www.LaLecheLeague.org
www.KellyMom.com

**Hands on Pumping &
Maximizing Milk Production:**

<http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

The Basics of Breast Massage and Hand Expression

<https://vimeo.com/65196007>

Community Resource Project WIC

BF Helpline (916) 326-5841
Main Line (916) 326-5830

Sacramento County WIC

Breastfeeding Helplines

English (916) 875-2120
Spanish (916) 875-2121

YOLO COUNTY WIC

Breastfeeding Support Line
(800) 663-8685

PLACER COUNTY WIC

Rocklin, Auburn, Lincoln & Kings Beach
(916) 784-6447 or (530) 889-7187

SAN JOAQUIN COUNTY

Stockton WIC (209) 444-8600
Lodi WIC (209) 370-6850
Tracy WIC (209) 229-7800
Manteca WIC (209) 823-7104

SOLANO COUNTY

Vallejo WIC Clinic (707) 553-5381
Vacaville WIC Clinic (707) 469-4555
Fairfield WC Clinic (707) 784-2200

SONOMA COUNTY

Sonoma County WIC
(707) 565-6590
Alliance Medical Center WIC
(707) 431-0831
Sonoma County Indian Health WIC
(707) 521-4575

WIC BREASTFEEDING SUPPORT