

## Private Practice Lactation Consultants (IBCLC)

*I=in-person; V=virtual*

**Linda Austin, IBCLC** /

Lincoln

(916) 408-8006

**The Birth Center** /

Breastfeeding Services

(916) 802-9647

**Faithful Lactation Support** /

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** /

South Placer Co.

(916) 240-1265

**Midtown Lactation Consultants (MiLC)**

(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** /, V

Gina Sterchi, BSN, RN, PHN, IBCLC

(916) 778-3171

## Hospital Outpatient Lactation Services

**Mercy Hospital of Folsom**

Phone, in-home

(916) 984-7437

**Sutter Lactation Clinic**

In-person appointments

(916) 887-4037

**UC Davis Med Center Phone Support**

(916) 734-6972

**Kaiser South Breastfeeding Center**

Phone, video, limited in-person

(916) 688-6676

**Kaiser North Valley Breastfeeding**

Phone, video, in-person

(916) 784-4050

## 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](http://www.pumpingessentials.com)

**Simply Mama**

(844) 470-7867

<https://simplymamabreastpumps.com/>

## 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

## Community & Hospital Support Groups

I=*in-person*; V=*virtual*

### Golden Journey Empowerment Group V

*Mother-to-mother support for Black women*

1st Tuesday, 6:30pm

Check [Facebook](#) or [Instagram](#) for details

### The Birth Center I

FREE Lactation Clinic

Mondays 10:30am-12pm

5440 Laurel Hills Dr, Sac

### La Leche League Sacramento V

2nd Tuesday - 6pm

3rd Thursday - 10am

See [sacroot.com](http://sacroot.com) for details

### Happy With Baby Virtual V

Meet-up

Fridays, 10am

See [happywithbaby.com](http://happywithbaby.com) for details

### Sutter Mothers' Outlet Group V

Fridays 9:30am-12:30pm

Call to register: (916) 887-4037

### Taking Care of Mama V

Tuesdays; For meeting link:

Spanish - call (310) 590-5088

English - call (415) 544-2395

### UC Davis V

Breastfeeding Support Group

Thursdays 10am

<https://tinyurl.com/u8aflwa>

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## Local & National Phone Support

### La Leche League - mother-to-mother support

Carolina: (916) 874-4229 or [lllcarolinajones@gmail.com](mailto:lllcarolinajones@gmail.com)

Debbie: (916) 304-5228

Julie: (916) 435-5293 (Auburn)

Michelle: (916) 956-1999

Monique: (916) 259-4759 (Roseville)

La Leche League USA Breastfeeding Helpline: (877) 4-La Leche

### National Women's Health & Breastfeeding Helpline

(800) 994-9662

[www.womenshealth.gov](http://www.womenshealth.gov)

## Online Resources for COVID-19 Information

### California Breastfeeding Coalition

<http://californiabreastfeeding.org/>

### California MCAH COVID-19 for Women & Families

<https://tinyurl.com/ryqk659>

### Centers for Disease Control & Prevention (CDC)

COVID-19 & Breastfeeding

<https://tinyurl.com/uahnaoc>

### Academy of Breastfeeding Medicine

<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>

### Summary of Breastfeeding Benefits

[Healthcare.gov](http://Healthcare.gov)

### Federal Lactation Accommodation Law

US Department of Labor

<https://tinyurl.com/thpwyly>