

AMADOR/CALAVERAS BREASTFEEDING RESOURCES 2009

Amador/Calaveras Breastfeeding Coalition: 209-754-6460/800-754-8889 Robin Bunch

The coalition is a collaborative group of community members and health care professionals who meet to organize local efforts to promote and support breastfeeding. Please call for information or to become a member.

WIC Supplemental Food Program:

Women, Infants & Children Nutrition Program provides breastfeeding classes, added food vouchers, breast pumps and breastfeeding aids at no cost for income-eligible clients.

HRC Mother Lode WIC (Amador & Calaveras) 223-7685
800 number (800) 218-2427

Support Groups:

La Leche League — 1-800-LALECHE (525-3243)

See also: www.llli.org

Is an International nonprofit, nonsectarian organization providing information, support, encouragement, and education to women who want to breastfeed. Monthly meetings allow moms to share the joys and challenges of breastfeeding. Phone help and home visits are available by accredited leaders.

Teglene: 795-4393 Arnold Karen: 267-5971 Sutter Creek
Susan: 763-2700 Wallace Susan: 728-9704 Murphys

Breastfeeding Peer Counselors:

Brandy 209-304-8495 WIC 800-218-2427 or 209-223-7685

FREE - Sutter Amador Hospital Breastfeeding Success Group: Wednesday 10:30 – 11:30am
Educational group tailored to your immediate needs. The purpose is to facilitate a satisfying and successful breastfeeding experience for mothers and babies in our community.

For Information call: 223-7460

Medela Breast Pumps & Breastfeeding Aids:

Businesses offering breast pumps and breastfeeding aids:

Lactation Station	WIC	Sutter Amador Hospital
Debbie Townsend, IBCLC 984-4640 Jamestown	223-7685 800-218-2427	223-7460

Private Practice Certified Lactation Consultation:

With Woman Care – Kathy Fox, RNC, CNM, IBCLC, CD (DONA) 928-1509

Donna Cretan, RNC, BSN, IBCLC (209) 588-8881

Debbie Townsend, IBCLC 984-4640

The Nesting Place – 591 S. Washington St., Sonora 588-1908

National Women's Health Breastfeeding Help line 1-800-994-9662, www.4woman.gov

Info specialists trained through LLL answer basic breastfeeding concerns. M-F 6am-3pm Pacific Time

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Websites: www.breastfeed.com www.llli.org www.gotmom.org