

# Amador ~ Calaveras Breastfeeding Resources

*No cost Services ~*

## Amador/Calaveras Breastfeeding Coalition

(209) 223-7685; (800) 218-2427, Sasha Hernandez, IBCLC; 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 visit [www.facebook.com/ACBCoalition](http://www.facebook.com/ACBCoalition).

## WIC Supplemental Food Program

(209) 223-7685; (800) 218-2427; Women, Infants & Children Program provides private no-cost breastfeeding consultations by staff IBCLC in addition to our peer counseling program, breastfeeding classes, and other breastfeeding aids as needed. The Resource Connection WIC (Amador & Calaveras).

## Calaveras County Public Health

(209) 754-6460, Robin Bunch, RN PHN; Provides breastfeeding education and support in Calaveras County with no cost for home visits.

## Sutter Amador Hospital Breastfeeding Success Group

(209) 223-7452, Jane Snyder, RN, IBCLC; Wednesday 10:30am-12:00 noon. Led by a certified lactation consultant, this is an educational group tailored to your immediate or long term needs. **FREE to all mothers & babies in our communities.** Call for information or breastfeeding questions.

## La Leche League

1-877-4LALECHE (452-5324), [www.llli.org](http://www.llli.org), La Leche League is an international nonprofit, nonsectarian organization providing information, support, encouragement, and education to women who want to breastfeed. Phone help is available by accredited leaders.

## National Women's Health Breastfeeding Help Line

(800) 994-9662; M-F 6am-3pm Pacific Time, [www.womanshealth.gov](http://www.womanshealth.gov). Info specialists trained through La Leche League answer basic breastfeeding concerns.

## Infant Risk Center

(806) 352-2519, M-F 8am-5pm Central Time, [www.infantrisk.com](http://www.infantrisk.com), [www.facebook.com/InfantRiskCenter](http://www.facebook.com/InfantRiskCenter). Information on the use of medications in pregnancy & with breastfeeding. Dr. Thomas Hale, author of Medications and Mother's Milk is the executive director.

## Mothertobaby.org

Medications and more during pregnancy and breastfeeding.



### Private Practice Certified Lactation Consultation for Breastfeeding Support

Lodi Lactation, Holly Newman, BSN, RN, IBCLC, RLC  
[www.LodiLactation.com](http://www.LodiLactation.com)

Lodi/Stockton (209) 712-7304

3 P's Lactation, Donna Cretan, RNC, BSN, IBCLC

Columbia (209) 588-8881  
(209) 834-7978

Jordan McLaurin, IBCLC

Sonora (209) 743-0155

Diane Hosmer, RN, MSN, IBCLC  
[diane@mothersownmilk.com](mailto:diane@mothersownmilk.com)

Murphys (209) 822-5284