

SONOMA COUNTY BREASTFEEDING RESOURCE GUIDE



This resource list is for you if:

- ✓ You need advice or have questions about breastfeeding your baby
- ✓ You are having problems breastfeeding your baby and would like someone to help you
- ✓ You are breastfeeding and returning to work
- ✓ You would like to rent or buy a breastpump or other nursing supplies
- ✓ You would like information on classes about breastfeeding or support groups for breastfeeding mothers

Many health workers are able to assist women with breastfeeding. International Board Certified Lactation Consultants (IBCLC's) have had extensive training and are the most qualified to assist women experiencing breastfeeding problems. Call your insurance company to check for lactation support and/or pump reimbursement.

Name	Phone	BF Class	Pumps	BF Supplies	Office Visits	Home Visits	Phone Help	Support Groups
Lactation Consultant Services (IBCLC)								<p>ENGLISH <u>Kaiser Santa Rosa - Members only</u> 3925 Old Redwood Hwy, Santa Rosa Wednesdays 10-11 am Drop-in. <u>Women's Health Resource Center*</u> 625 Steele Lane, Santa Rosa Thursday 1PM \$20 / sliding scale. Drop-in <u>Sonoma County WIC</u> 2400 County Center Dr. Santa Rosa 2nd Thursday only 11:30-1PM Free. Drop-in. <u>La Leche League Group</u> Women's Health and Birth Center 583 Summerfield Road, Santa Rosa 1st Friday only, 10AM Free Drop-in</p> <p>SPANISH <u>Alliance Medical Center WIC</u> 1381 University Ave Healdsburg Monday 6-8PM Free. Call to register. <u>Sonoma County WIC*</u> 2400 County Center Dr. Santa Rosa 1st & 3rd Wednesday 11:30-1PM Free</p> <p>BILINGUAL <u>Chanate Family Practice, Suite C</u> 3320 Chanate Rd, Santa Rosa Tuesday 6PM. Free. Drop-in. <u>Southwest Community Health Center</u> 751 Lombardi Ct, Santa Rosa Friday 10AM Free Drop-in. <u>Women's Health and Birth Center</u> 583 Summerfield Rd., Santa Rosa Monday 12-2PM. \$30. Call to register.</p>
Kaiser Permanente Members only *	566-5277	•			•		•	
	566-5255		•	•				
Susan Sandilands RN IBCLC	823-2563						•	
SR Memorial Hospital *	525-5212	•	•	•	•		•	
Sutter Medical Center Santa Rosa *	576-4857	•			•		•	
St. Joseph Home Care *	206-9124					•	•	
Women's Health & Birth Center *	539-1544	•	•	•	•	•	•	
Petaluma Valley Hospital	778-2827		•	•			•	
WIC Programs for WIC Clients								
Alliance Medical Ctr. *	431-0831	•	•	•	•		•	
Sonoma County Indian Health Project *	521-4575	•	•	•	•		•	
Sonoma County *	565-6590	•	•	•	•	•	•	
La Leche League of Sonoma County *	Referral Line 523-8697					Ask	•	
Breast Pumps								
Ameda Egnell Geralyn Fessler	800-323-5921 762-2066		•	•				
Medela, Inc.	800-835-5968		•	•				

La Leche League is an international, nonsectarian, nonprofit organization dedicated to providing information, support, encouragement and education to women who want to breastfeed.

* **Spanish-speaking.**