

# 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.

## Professional Lactation Services (IBCLC)

Name	Phone	BF Class	Pumps	BF Supplies	Office Visits	Home Visits	Phone Help	Support Groups
Kaiser Permanente <b>Members only *</b>	566-5277	•			•		•	<p><b>ENGLISH</b>  <u>Kaiser Santa Rosa - Members only</u>                      3925 Old Redwood Hwy, Santa Rosa                      Wednesdays 10:30 AM Free, Drop-in  <u>Women's Health Resource Center</u>                      625 Steele Lane, Santa Rosa                      Thursdays 1PM Free                      Call to register: 576-4857  <u>Sonoma County WIC</u>                      Santa Rosa, 2<sup>nd</sup> Thursday every month 11:30-1PM Free Drop-in  <u>La Leche League Group</u>                      583 Summerfield Road, Santa Rosa                      1st Friday only, 10:30 AM Free Drop-in</p> <p><b>SPANISH</b>  <u>Alliance Medical Center WIC</u>                      1<sup>st</sup> Monday every month 5:30 PM                      Call to register 431-0831 Free  <u>WIC (2 locations)*</u>  <u>Santa Rosa</u> 1450 Guerneville Rd.                      1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesday 11:30-1PM Free  <u>Sonoma</u> 810 Grove St, 2<sup>nd</sup> Tuesday/month                      12:30 PM Free</p> <p><b>BILINGUAL</b>  <u>Vista Family Health Center</u>                      3569 Round Barn Circle Santa Rosa                      Education Room, Second floor                      Tuesdays 6PM Free Drop-in  <u>SouthWest Community Health Center</u>                      751 Lombardi Ct, Santa Rosa                      Fridays 10 AM Free Drop-in  <u>Women's Health and Birth Center</u>                      583 Summerfield Rd. Mondays 12PM                      Call to register \$30 MCAL accepted</p>
	566-5255							
Maggie Eaugallie RNC, IBCLC	290-5312		•	•		•	•	
Margaret Turano IBCLC	837-1885	•		•		•	•	
Patrice Montoya RNC, IBCLC	486-8719 568-3730	•				•	•	
Petaluma Valley Hospital	778-2827	•	•	•	•		•	
Santa Rosa Memorial Hospital *	525-5212	•	•	•	•		•	
St. Joseph Home Care *	206-9124					•	•	
Sutter Medical Center Santa Rosa*	576-4857	•					•	
Women's Health & Birth Center *	539-1544	•	•	•	•	•	•	
<b>WIC Programs for WIC Clients</b>								
Alliance Medical Center *	431-0831	•	•	•	•		•	
Sonoma Co. Indian Health Project	521-4575	•	•	•	•		•	
Sonoma County *	565-6590	•	•	•	•	•	•	
<b>Peer Breastfeeding Support</b>								
La Leche League of Sonoma County*	Referral Line 523-8697					Ask	•	
<p><i>La Leche League is an international, nonsectarian, nonprofit organization dedicated to providing information, support, encouragement and education to women who want to breastfeed.</i></p>								