

Spring 2023



Breastfeeding Support & Services in the Greater Sacramento Area



Private Practice Lactation Consultants (IBCLC)

Greater Sacramento Area

Placer & Nevada Counties

Yolo County

The Birth Center (in-person)
(916) 802-9647

Milk-Fed Lactation
Brooklyn, RN, BSW, IBCLC
(in-home/virtual)
(916) 306-7668

Linda Austin, IBCLC
(in-person) Lincoln
(916) 591-1400

Davis Lactation Support, LLC
Lisa Paradis, RD, IBCLC
(in-person/virtual)
(530) 999-1712

Infant Instincts (in-person)
Jessica Hopp, IBCLC
(916) 827-5571

Danielle Bouchier, RN, IBCLC
(530) 788-3032

Yolo County Community Breastfeeding Support Line
(800) 663-8685

Michelle Kunschke, IBCLC
(in-home/virtual)
(916) 956-1999

Patricia DuBray, IBCLC
(in-person/virtual)
Elk Grove
(916) 685-1812

Rachel Maxim, IBCLC (in-person)
(916) 240-1265

Carolina Jones, IBCLC
(in-person/virtual)
English & Spanish
llcarolinajones@gmail.com
(916) 879-4229

The Nest (virtual)
Nevada City, Colfax, Auburn
(530) NEST-411

Brittany Smith, IBCLC
(in-person/virtual)
(510) 928-3561

Shanee Euren, RN, BSN, RNC-NiC, IBCLC
Faithful Lactation Support
(in-person) Roseville
(916) 367-1535

Pump Rental Locations
Midtown Lactation Consultants (MiLC)
(in-person)
(916) 936-BABY

Midtown Lactation Consultants (MiLC)
(in-person)
(916) 936-BABY

Mary Wagner-Davis, MS, MFT, IBCLC
(in-person/virtual)
(916) 276-8016

Sutter Medical Center - Lori's Gifts
(walk-in only) *First come first serve
(916) 887-0250

Angelia Leipelt, IBCLC, Birth Doula (in-person)
Galt, Elk Grove
(209) 843-8447

WIC Breastfeeding Support

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
BF Helpline: 916-784-6447
Main Line:
(916) 784-6447 or
(530) 889-7187

Clinical Lactation Support*

The Birth Center (In-person)
FREE Lactation Clinic every Monday
Only by appointment
5440 Laurel Hills Dr, Sacramento
(916) 802-9647

Midtown Lactation Consultants (MiLC)
(in-person)
(916) 936-BABY

Kaiser South Patient Breastfeeding Center
Appointment only (in-person/virtual)
(916) 688-6676

Kaiser North Valley Patient Breastfeeding Center
Appointment only (in-person/virtual)
(916) 784-4050

Sutter Lactation Patient Clinic
Appointment only (in-person)
appointments
(916) 887-4037

UC Davis Breastfeeding (Virtual)
Weekly Breastfeeding Support Group -
Open to the Community:
Thursday 10AM-11:30AM
Zoom Meeting ID: 142 741 125
Passcode: 224494



La Leche League
Mother-to-mother support;
Virtual/In-person:
2nd Tuesday @ 7pm
3rd Thursday @ 10am
LeLecheSac@gmail.com

Phone support with LLL Leaders in the greater Sacramento area:
Carolina: (916) 874-4229
Michelle: (916) 956-1999
Patricia: (916) 685-1812
Julie: (916) 435-5293 (Auburn)
Becky: (530) 878-1855 (Auburn)
Sarah: (530) 637-5485 (Auburn)

The Root Sacramento
Multiple Classes & Support Groups
including Breastfeeding Support Group
for \$25 (in-person)
Every other Saturday at 2 pm-3:30 pm
3385 Lanatt St, Suite D
Sacramento, CA 95819
(916) 455-6789

Community Lactation Support*

Sutter Breastfeeding Support Group
Every Monday 12 pm-1:30 pm
ZOOM Meeting Information:
Meeting ID: 253 792 7265
Password: 559648

Mercy Hospital of Folsom Lactation Clinic
1600 Creekside Drive, Suite 1500
Folsom, CA 95630
(916) 984-7347
Call for appointment, Monday-Friday
Walk-in Clinic: Wednesdays,
10am-Noon

Methodist Hospital
Online Breastfeeding Support Group
Thursdays 10:30 am-12:00am
(844) 838-0081

Sacramento New Parent Connections
Virtual group for expectant & new
parents: 2nd Monday 9am-10am



National Women's Health & Breastfeeding Helpline
(800) 994-9662

La Leche League USA Breastfeeding Helpline
(877) 4-LA LECHE

CDC- Breastfeeding Benefits



California Department of Public Health (CDPH) - Breastfeeding Initiative



MotherToBaby Live chat, fact sheets, hot-line
(866) 626-6847

Infant Risk Center Database, hot-line Mon-Fri, 8am-5pm CST
(806) 352-2519

BreastfeedLA - Know Your Rights

