

Spring 2023



Breastfeeding Support & Services in the Greater Sacramento Area



Private Practice Lactation Consultants (IBCLC)

Greater Sacramento Area

The Birth Center (in-person)

(916) 802-9647

Patricia DuBray, IBCLC (in-person/virtual)

Elk Grove

(916) 685-1812

Infant Instincts

Jessica Hopp, IBCLC

916-827-5571

infantinstincts.com

Carolina Jones, IBCLC (in-person/virtual)

English & Spanish

llcarolinajones@gmail.com

(916) 879-4229

Michelle Kunschke, IBCLC (home/virtual)

(916) 956-1999

Brittany Smith, IBCLC (in-person/virtual)

(510) 928-3561

hello@fruitsoflaborlactation.com

Instagram: @fruitsoflaborlactation

Midtown Lactation Consultants

(MiLC) (in-person)

(916) 936-BABY

Angelia Leipelt, IBCLC, Birth

Doula (in-person)

Galt, Elk Grove

(209) 843-8447

Placer & Nevada Counties

Linda Austin, IBCLC (in-person)

Lincoln

(916) 591-1400

Danielle Bouchier, RN, IBCLC

(530) 788-3032

Rachel Maxim, IBCLC (in-person)

(916) 240-1265

The Nest (virtual)

Nevada City, Colfax, Auburn

(530) NEST-411

Faithful Lactation Support (in-person)

Shanee Euren, RN, BSN, RNC-NiC, IBCLC

Roseville

(916) 367-1535

Mary Wagner-Davis, MS, MFT, IBCLC

(916) 276-8016 (in person/virtual)

Yolo County

Yolo County Community

Breastfeeding Support Line

(800) 663-8685

Pump Rental Locations

Midtown Lactation Consultants (MiLC)

(916) 936-BABY

Sutter Medical Center - Lori's Gifts

(916) 887-0250 (walk-in only)

*First come first serve

Kaiser Patient Pump Rentals

- Roseville: (916) 784-5775

-Point West: (916) 614-4035

-Folsom: (916) 817-5278

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

Peer Counselor: (530) 889-7211

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

