

Support and Services for Breastfeeding Mothers and Families

We hope you enjoy the use of this lactation room, but remember, you have the LEGAL RIGHT to breastfeed anywhere on campus as you see fit.

Right to Breastfeed in Public (1997) – Assembly Bill 157 Civil Code Section 43.3 Notwithstanding any other provision of law, a mother may breastfeed her child in any location, public or private, except the private home or residence of another, where the mother and the child are otherwise authorized to be present.

<p>Le Leche League, International Any woman who is interested in breastfeeding is welcome at all meetings, as are babies and young children. Pregnant women are strongly encouraged to attend meetings. Meetings are free. You do not have to be a member of La Leche League to attend meetings. Newcomers are always very welcome! Please call a Leader if you have any questions about meetings or need help with breastfeeding or a referral for a Lactation Consultant.</p> <p>Roseville/Citrus Heights Leaders Alaina (916) 708-1263 Maria (530) 215-6873 Monique (916) 259-4759 Mary C. (916) 412-1720 Gale (916) 824-1699</p> <p>Sacramento Leaders Michelle (916) 956-1999</p> <p>Auburn Leaders Julie (916) 435-5293 Becky (530) 878-1855 Sarah (530) 637-5485</p> <p>Natomas Leaders Debbie (916) 304-5228 Michelle (916) 956-1999</p> <p>For a complete list of local groups and resources, visit www.lllnorcal.org/</p>	<p>Mother’s Milk Bank If you are a mother who wants to donate your extra breast milk to sick infants, a parent in need of mothers’ milk for your child, if you are grieving the loss of a child, we are here to help you. Donate or receive breastmilk or rent a breast pump. Toll-Free Phone (877) 375-6645 Phone (408) 998-4550 Email donate@mothersmilk.org 1887 Monterey Road, Suite 110, San Jose, CA 95112 www.mothersmilk.org www.facebook.com/mothersmilkbanksj</p> <p>Giving Diapers, Giving Hope Free cloth diaper loans for a one-time shipping charge. www.givingdiapersgivinghope.org</p> <p>Kimberly Seals Allers’ Mocha Manual Where black moms go for information and inspiration for pregnancy, parenting and beyond! www.mochamanual.com</p> <p>Black Breastfeeding 360° www.mochamanual.com/bb360</p>
<p>WIC Safeguarding the health of low-income women, infants, and children up to age 5 who are at nutrition risk by providing nutritious foods to supplement diets, information on healthy eating, breastfeeding support, and referrals to health care. Multiple local offices, call for appointment. (888) WICWORKS (942-9675) www.wicworks.ca.gov</p>	<p>Placer Lactation Conferences Past topics have included: “Does Breastfeeding Really Matter?” “Breastfeeding and Brain Development” “Legal and Custody Issues in Lactation” “Feeding and Swallowing Disorders in Infancy: Implications for Breast and Bottle Feeding” Visit www.placerconferences.com for updated conference list - list updated regularly</p>
<p>Lighthouse Counseling and Family Resource Center FREE SERVICES include Cognitive Behavioral Therapy, Mindfulness and Stress Therapy, Post-Partum Depression Therapy for Mothers and Fathers, Couples Counseling, Women’s Empowerment, CalFresh Enrollments, WIC Referrals, Love and Logic Classes, Immunization Education and Referrals, Diaper Bank, Backpack Program, much more! 427 A Street, Suite 400, Lincoln, CA 95648 (916) 645-3300 Se habla Español info@lighthousefrfc.org www.lighthousefrfc.org</p>	<p>KidsFirst Counseling and Family Resource Centers FREE SERVICES include child and family therapy, healing therapy, parent-child interaction therapy (PCIT), postpartum depression therapy, after-school youth enrichment, peer-to-peer mentoring, tutoring, support groups, parenting classes, in-home parent education, health insurance and CalFresh enrollment assistance. Community workshops, parent leadership training, referrals and resources are also available. All services offered in ENGLISH and SPANISH Roseville (916) 774-6802 Auburn (530) 887-3536 www.kidsfirstnow.org</p>
<p>The National Domestic Violence Hotline If you’re looking for someone to lend a confidential, impartial ear, our advocates at The Hotline are a great option. They’ll listen, withhold judgment and help you begin to address what’s going on in your relationship. 24-Hour Hotline 1-800-799-SAFE (7233) Anonymous Callers Welcome www.thehotline.org/</p>	<p>Poison Control Center All calls are confidential. Don’t hesitate to call! HOTLINE (800) 222-1222 www.poisonhelp.org</p>

<p>Office on Women’s Health Information on breastfeeding, birth control, body image, depression during and after pregnancy, hysterectomy, mammograms, and much more. Services available in English, Español, and many other languages. HELPLINE MONDAY-FRIDAY 9AM-6PM ET (800) 994-9662 www.womenshealth.gov</p>	<p>WellSpace Health – Low and No Cost Health Care Providing care through low- to no-cost health care programs including, Family PACT, Medi-Cal, Medicare, Healthy Families, and more. We offer medical care on a sliding scale fee system depending on income if you do not qualify for specific programs or services. Locations throughout the Sacramento Area. 24-hour Parent Support Line (888) 281-3000 Information, Eligibility, and Appointments (916) 737-5555</p>
<p>A Mother’s Heart – Sacramento Regional Perinatal Mental Health Network If you think you may have pregnancy-related depression or anxiety, have questions (would like to be screened further) or just need to talk about what you’re experiencing, please call the maternal support line. YOU ARE NOT ALONE. (916) 681-2907 http://a-mothers-heart.org/</p>	<p>Covered California and Medi-Cal Health Coverage Low-Cost and No-Cost health coverage for children and adults. Services offered in English, Spanish, and more. 1000 Sunset Blvd. Suite 220 Rocklin, CA 95765 11542 B. Ave Auburn, CA 95603 1725 28th Street Sacramento, 95816-9915 1-800-300-1506 www.CoveredCA.com</p>
<p>Free and Low Cost Car Seats</p> <p>CHP Offices By appointment only Ask for car seat coordinator Capitol Protection 1801 9th Street (916) 322-3337 North Sacramento 5109 Tyler Street (916) 338-6710 Spanish translator available South Sacramento 6 Massie Court (916) 681-2300 Spanish & Russian translators available Valley Division 2555 First Ave (916) 731-6300 Spanish translator available East Sac 11336 Trade Center Dr (916) 464-1450 Woodland 13739 Andrew Stevens Dr. (530) 662-4685 Limited Spanish translation available</p> <p>UC Davis Car Seat and Helmet Safety Program Call for an appointment to apply, parents on public assistance will qualify. 4900 Broadway, Sacramento, CA 95820 (916) 734-9798</p>	<p>Placer County Office of Education Child Care The Resource and Referral provides free child care referrals, without discrimination and without regard to income, to all individuals seeking child development programs in Placer County. The referrals are based on the parent’s request such as location, type of care, hours needed, ages of the children, special needs, etc. All referrals reflect a variety of program types available. (530) 745-1380 www.placercoe.k12.ca.us/departments/ece/Pages/ccreferrals.aspx</p> <p>KidzKount (Head Start Program) Free to income-eligible families The entire KidZKount organization is dedicated to creating and fostering a supportive environment which promotes trust, respect, professional growth, and quality leadership. Local Center Locations 870 J Street, Lincoln, CA 95648 (916) 434-3705 5400 Barton Road, Loomis, CA 95650 (916) 652-3284 www.kidzkount.com</p>
<p>Breastfeeding Coalition of Placer County Our vision is to ensure breastfeeding is recognized as the normal method of infant and young child feeding in Placer County; all health care providers in Placer County will be knowledgeable about, promote, and provide support for breastfeeding; and every woman in Placer County will have access to the information, resources and community support necessary to breastfeed for as long as she wishes. Meetings are held the 3rd Thursday of January, April, July and October at 6:00pm. Call to verify meeting location. (916) 276-8016 www.placerbreastfeeding.org</p> <p>California Breastfeeding Coalition Our mission is to improve the health and well-being of Californians by working collaboratively to protect, promote, and support breastfeeding. (831) 917-8939 www.californiabreastfeeding.org</p>	<p>Herself Moms Lactation Consultants Providing Lactation Consultant appointments and breast pump rentals. Consultations available in-store or in your home. We also offer Breastfeeding Boot Camp, Prenatal Yoga and Postpartum Exercise classes. Babies welcome! Sacramento (916) 455-6789 Roseville (916) 789-1011 www.herselfmoms.com</p> <p>Midtown Lactation Consultants Many common breastfeeding issues can be managed in 1 to 3 visits. Please contact us to learn more about how we can help you build a successful breastfeeding relationship with your child. Insurance and non-insurance arrangements welcome. (916)936-BABY (2229) www.milc.sacramentomnm.com 4250 H St., Suite 2, Sacramento CA, 95819</p>