

**Breastfeeding Support
Central and East Contra Costa County**

Brief Clinic or Telephone Consultations

Breastfeeding Advice Warmline (toll-free)		1-866-878-7767	
WIC Breastfeeding support	Breastfeeding Counselors Claudia Salmeron (Spanish) Corby Selzer Lactation consultant Lisa Broughton, IBCLC*	1-866-878-7767 option 4 646-1444 x 60384 646-1444 x 60387 646-1444 x 60388 FAX 925 646-5029	
Contra Costa Regional Medical Center	Barbara Danoff RN, IBCLC Betsy Hansen, IBCLC Sue Fuhriman, CLE*	(925) 370-5613	For women delivering at Contra Costa Regional Medical Center (CCRMC)
Healthy Start Clinic	Martinez (Alex Morphy, CLE) Pittsburg	(925) 370-5495 (925) 431-2345	
Kaiser	Walnut Creek, Pat Ross RN, IBCLC Antioch, Linda Draper, RN, NP, IBCLC	(925) 295-4368 (925) 779-5192	
Women's Health Center (John Muir Health)		(925) 941-7900 x3	Answered 7 days per week. Phone calls returned within 24 hours.
Sutter/Delta	Kim Chilcote, RN, IBCLC	(925) 779-7200x4206	
La Leche League		www.la lecheleague.org 1-800-525-3243	Referral to local La Leche League leaders who provide telephone counseling
Nursing Mothers' Counsel		(415) 386-BABY	

* IBCLC = International Board Certified Lactation Consultant CLE = Certified Lactation Educator

Post Discharge Home Visits Healthcare providers call the following numbers to make referrals

Contra Costa Health Services/ Public Health Field Nursing	Susan Nairn, PHN Jeanette Braker, PHN	(925) 313-6250 (925) 313-6278 (925) 313-6277 FAX (925) 313-6029	Primarily for low income, post-partum women residing in CCC who are patients of the CC Hosp and Clinics, are members of CCHP or currently on Medi-Cal. Spanish and other language translation services available.
WIC Breastfeeding Counselors	Lisa Broughton, IBCLC	1-866-878-7767 FAX 925-646-5029	Mother to mother support for WIC participants

Private Lactation Consultants (fee for service)

Bay Area Lactation Association	(510) 736-6936	Referrals for consultants in private practice in the Bay Area. Fees vary.
Kay Goodyear, RN, MN, IBCLC	(925) 313-8986	Breastfeeding guidance, home visits, pump rental, classes
Mary Marine, IBCLC	(925) 522-0494	Breastfeeding guidance, home visits, pump rental, classes
Betsy Hansen, IBCLC, Spanish speaking	(925) 284-5298	Breastfeeding guidance, home visits, classes
John Muir Women's Health Center	925 941-7900 option 3	Breastfeeding guidance, pump rental/sales classes. retail products

Classes and Support Groups

Healthy Start Martinez	(925) 370-5495	Classes offered 2nd Tuesday of each month 11:45 to 1:00 (even months in Spanish, odd months in English)
Sutter/Delta Medical Center	Call Kim (925) 779-7200 x4206 chilcok@sutterhealth.org	No fee Prenatal breastfeeding class Meets 1 st and 3 rd Wednesday of each month (English) in the Women's Health Center, Family Lounge
The Nurture Center Lafayette	(925) 283-1346	The new-parent drop-in support group (facilitated by a CLE, but not solely focused on breastfeeding) is Tuesdays at 12:45 for \$8. Second Thursdays at noon, La Leche League meeting. No charge.
John Muir Women's Health Center Walnut Creek	(925) 941-7900 x3	Free Breastfeeding Support Group every Wednesday at 10am. New parents groups ages 0-2 meet weekly by age group \$5 per class. Free baby weigh station. Class series on childcare and breastfeeding. Sliding scale fee and scholarships available. Some programs available in Brentwood.
La Leche League	www.lalecheleague.org 1-800-525-3243	Support group and educational meetings offered once a month at various locations, contact a leader.
Kaiser Walnut Creek Antioch	(925) 295-4190 (925) 779-5147	

Breast Pumps

WIC Concord Pittsburg	(925)646-5067 Ras Moghbel (925)431-2466 Kathy Kushner	Limited number of pumps available for loan to WIC participants, priority based on need. By appointment only.
Kaiser Walnut Creek	(925)295-4484	Pumps rented at a moderate fee to Kaiser members. Call for appt.
John Muir Women's Health Center	(925) 941-7900 x3	Medela Symphony pumps and baby weigh scales available. Scholarships available.
Private pump rental stations Medela toll free number The Nurture Center Kay Goodyear Mary Marine, Lactation Services Family Link - Medela sales/rental	1-800-435-8316 (925) 283-1346 (925) 313-8986 (925) 522-0494 (925) 280-6080	Referrals to local vendors Some low or no cost rentals may be available.
Blue Cross Managed Care Medi-Cal	1-888-831-2246	Physician's authorization number.

Drugs and lactation reference: *Medications and Mothers' Milk*, Thomas Hale, Pharmasoft Publishing, (806) 376-9900

Drugs and lactation information online: <http://toxnet.nlm.nih.gov/> (select Lactmed)

**Questions about this list and technical assistance to health care providers: Nancy J. Hill, MS, RD, IBCLC
(925) 313-6260**

