

Breastfeeding Support West Contra Costa County

Brief Clinic or Telephone Consultations

Breastfeeding Advice Warmline (toll-free)	1-866-878-7767		
WIC Breastfeeding Support	Comfort Nwamuo, MS, CLE Arianne Lanzas (Spanish speaking)	510-231-8600	In office consult as time allows For pump loan appointment
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	Marsha Flakoll, RN, CLE	(510) 231-1340	For women receiving prenatal care with the Healthy Start Program. Spanish and Tagalog available.
Kaiser Richmond		(510) 307-2514 (510) 307-2550 (510) 307-2210	Lactation consultant's line Recorded advice on common problems Pump rental for Kaiser members
La Leche League Nursing Mothers' Counsel	LLL volunteer, Haydee, (Spanish)	(510) 496-6009 (510) 528-8504 (Spanish) (415) 386-BABY	Referral to local numbers for telephone counseling. Volunteers take calls at their homes. Please be considerate when timing your call.

Post Discharge Home Visits Providers call the following numbers to make referrals

Contra Costa Health Services/Clinical 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.
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Private Lactation Consultants

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

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



Support groups and classes

Healthy Start Martinez	(925) 370-5495	Classes offered 2nd Tuesday of each month 11:45 AM to 1:00 PM (even months in Spanish, odd months in English)
Alta Bates	(510) 204-1334	Classes Support group Tuesday/Friday 12-1:30PM 2500 Ashby Avenue (just behind the hospital) 1 st session free, after \$9 per session.
La Leche League	(510) 496-6009	Support group and educational meetings offered once a month at various locations, contact a leader.
WIC	(510) 231-8600	Prenatal breastfeeding classes for WIC participants and families
Kaiser Richmond	(510) 307-2508	

Breast Pumps

WIC Richmond	(510) 231-8600 Josie Ramos	Limited number of pumps available for loan to WIC participants, priority based on need. By appointment only.
Kaiser Richmond	(510) 307-2210	Pumps rented at a moderate fee to Kaiser members. Call for appt.
Private pump rental stations Medela, toll free number	1-800-435-8316	Referrals to local vendors
Kay Goodyear RN, MN, IBCLC	(925) 313-8986	Some low cost rentals may be available
Blue Cross Managed Care Medi-Cal	1-888-831-2246	Physicians must call this authorization number to obtain pumps for Blue Cross members.

Drug interactions: *Medications and Mothers' Milk*, Thomas Hale, Pharmasoft Publishing, (806) 376-9900
UCSD - 619-543-6968. Technical assistance to health care providers: Nancy J. Hill, MS, RD, (925) 313-6260