



## MARIN COUNTY BREASTFEEDING RESOURCE GUIDE

NAME	PHONE	LACTATION CONSULTANS	EDUCATION INFO CLASSES	SUPPORT GROUP	PUMP RENTAL & SUPPLIES	OFFICE VISITS	HOME VISITS	PHONE HELP	LOW INCOME SERVICES	ESPANOL SPANISH
Cal Pacific Medical Center Lactation Center Newborn Connections 3698 California Street San Francisco <a href="http://www.cpmc.org/services/newbornconnections">http://www.cpmc.org/services/newbornconnections</a>	(415) 600-6243	•	•	•	•					•
Day One Center 3490 California Street San Francisco <a href="http://www.dayonecenter.com">www.dayonecenter.com</a>	(415) 440-3291	•	•	•	•	•	Referrals given	•		
La Leche League of Marin Mother-to-Mother Breastfeeding Support	(415) 721-2842		•	•			•	•	No charge for any service	•
Marin Breastfeeding Coalition <a href="http://www.co.marin.ca.us/depts/HH/main/hs/CHPS/BF/MBC.cfm">www.co.marin.ca.us/depts/HH/main/hs/CHPS/BF/MBC.cfm</a>		•	•							
Marin General Hospital Lactation Center 250 Bon Air Road, Greenbrae <a href="http://www.maringeneral.sutterhealth.org">www.maringeneral.sutterhealth.org</a>  Baby Nook Floor of Hospital, room #4216 <a href="http://www.maringeneral.org/jsp/Volunteer_NookHome.jsp">http://www.maringeneral.org/jsp/Volunteer_NookHome.jsp</a>	(415) 925-7522  (415) 925-7474	•	•	•	•	•		•	•	•
Women Infants & Children program 3250 Kerner Blvd., San Rafael	(415) 473-3094	•	•	•	Free pumps low-income	•	•	•	•	•

## **Breastfeeding Resources /Websites:**

<a href="http://www.lalecheleague.org">www.lalecheleague.org</a>	La Leche League International
<a href="http://www.breastfeeding.com">www.breastfeeding.com</a>	Breastfeeding information
<a href="http://www.cdc.gov/breastfeeding/">www.cdc.gov/breastfeeding/</a>	CDC-National Center for Disease Prevention and Health Promotion
<a href="http://www.calwic.org">www.calwic.org</a>	Women, Infants, and Children (WIC)
<a href="http://www.californiabreastfeeding.org">www.californiabreastfeeding.org</a>	California Breastfeeding Coalition
<a href="http://www.bayarealactation.org">www.bayarealactation.org</a>	Breastfeeding Resource information
<a href="http://www.kellymom.com">www.kellymom.com</a>	Kellymom: Evidence-based information on breastfeeding and parenting
<a href="http://lactation.ucdavis.edu">http://lactation.ucdavis.edu</a>	UC Davis Human Lactation Center
<a href="http://www.breastfeedingonline.com">www.breastfeedingonline.com</a>	Breastfeeding information
<a href="http://www.waba.org.my">www.waba.org.my</a>	World Alliance for Breastfeeding
<a href="http://www.breastfeeding.com/directory/states/california.html">www.breastfeeding.com/directory/states/california.html</a>	California Lactation Consultant Directory
<a href="http://www.naba-breastfeeding.org">www.naba-breastfeeding.org</a>	National Alliance of Breastfeeding Advocacy
<a href="http://www.ilca.org">www.ilca.org</a>	International Lactation Consultant Association
<a href="http://www.sfbreastfeeding.org">www.sfbreastfeeding.org</a>	SF Breastfeeding Promotion Coalition- Resource Guide
<a href="http://www.californiabreastfeeding.org/Sonoma.html">http://www.californiabreastfeeding.org/Sonoma.html</a>	Sonoma County Breastfeeding Coalition
<a href="http://www.lowmilksupply.org">www.lowmilksupply.org</a>	<b>Information and Support for Breastfeeding Mothers</b>
<a href="http://www.text4baby.org">www.text4baby.org</a>	<b>Informational text messages through pregnancy and first year</b>
<a href="http://www.nacersano.org">www.nacersano.org</a>	<b>March of Dimes website in Spanish</b>

## **Looking for a Lactation Consultant?**

California Lactation Consultant Directory  
International Lactation Consultant Association (ILCA)

[www.breastfeeding.com/directory/states/california.html](http://www.breastfeeding.com/directory/states/california.html)  
[www.ilca.org](http://www.ilca.org)