



San Francisco  
**Breastfeeding  
Promotion**  
Coalition

# Resource Guide

San Francisco City & County  
Lactation Services 2013

415-248-1385  
[SFbreastfeeding.org](http://SFbreastfeeding.org)



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**San Francisco  
Breastfeeding  
Promotion  
Coalition**

**The Coalition**

The Coalition is a nonprofit 501(c)(3) corporation, an independent group of health care providers, representatives from the community and private industry, government agencies, and parents working together to promote breastfeeding in San Francisco.

**Mission Statement**

To improve the health of the community by promoting breastfeeding as the cultural norm in the City and County of San Francisco.

**About this Resource Guide**

This Resource Guide represents a vital part of the coalition’s mission. It contains current lactation referral services. This Resource Guide does not claim to be complete. We have provided information to connect the reader to a broad network of breastfeeding promotion and support resources. You may reproduce any part of this document.

If you would like to contact the coalition, please call (415) 248-1385.

**Key to Credentials**

<b>CLC</b>	Certified Lactation Counselor
<b>CLE</b>	Certified Lactation Educator
<b>CNS</b>	Clinical Nurse Specialist
<b>ICCE-ICEA</b>	Certified Childbirth Educator
<b>IBCLC</b>	International Board Certified Lactation Consultant
<b>FAAN</b>	Fellow of the American Academy of Nursing
<b>LE</b>	Lactation Educator
<b>LEC</b>	Lactation Educator Counselor
<b>LLL</b>	La Leche League
<b>MPA</b>	Master of Public Administration
<b>MS</b>	Master of Science
<b>MSN</b>	Master of Science in Nursing
<b>PhD</b>	Doctor of Philosophy
<b>PHN</b>	Public Health Nurse
<b>RD</b>	Registered Dietitian
<b>RN</b>	Registered Nurse
<b>RNC</b>	RN that has taken a certification exam for a specialty

Certified Lactation Educators (CLE), Certified Lactation Counselors (CLC), Lactation Educator Counselor (LEC), and Lactation Educators (LE) have successfully completed a one week course and required homework.

International Board Certified Lactation Consultants (IBCLC) have passed a certification exam (international), have met requirements for education and experience in lactation and have continuing education requirements.



## Kaiser Permanente Inpatient Lactation Consultants

**Address:** 2425 Geary Blvd., 3rd floor, San Francisco, CA 94115  
**Phone:** (415) 833-2673  
(Use the number only for other Health Care Providers)  
**Email:** evelynmiller-freebury@kp.org  
**Language:** English, Cantonese  
**Contacts:** Evelyn Miller  
Kathryn Zender  
(415) 833-6835  
Maternal Child Manager  
**Services:** IBCLC available  
7 days/week  
**Cost/Eligibility:** No fee to Kaiser clients

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## San Francisco General Hospital Breastfeeding Support Services

**Address:** 1001 Potrero Ave, Room 6F10, San Francisco, CA 94110  
**Phone:** (415) 206-MILK(6455)  
**Fax:** (415) 206-4560  
**Email:** maya.vasquez@sfdph.org  
**Language:** English, Spanish, translators available  
**Contacts:** Maya Vasquez, RN, IBCLC  
**Services:** IBCLC on site  
**Cost/Eligibility:** SFGH and CHN clients, Free  
**Hours:** Monday-Friday  
8:00am - 4:00pm

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## St. Luke's Hospital Breastfeeding Center Inpatient Services

**Address:** 3555 Cesar Chavez, 5th floor, San Francisco, CA 94110  
**Phone:** (415) 641-6869  
**Fax:** (415) 641-6649  
**Language:** English, Spanish  
**Contacts:** Mary Janowitz RN, IBCLC  
**Services:** IBCLC available  
**Cost/Eligibility:** St. Luke's Patients  
**Hours:** Monday - Saturday  
8:00am - 1:00pm

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## California Pacific Medical Center

**Address:** 3698 California Suite 1882, San Francisco, CA 94118  
**Phone:** 415)600-BABY(2229) or (415)600-6243  
**Fax:** (415)752-0469  
**E-mail:** cpmcnewborn@sutterhealth.org  
**Website:** www.cpmc.org/newbornconnections  
**Language:** English, Spanish, Chinese, other interpreters available  
**Contacts:** Paula Sulkis, Supervisor  
**Services:** IBCLC on site  
**Cost/Eligibility:** CPMC patients  
**Hours:** IBCLC available 7 days a week

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## UCSF Women's Health Resource Center

**Address:** 2356 Sutter Street, San Francisco, CA 94115  
**Phone:** (415) 353-2667  
**Fax:** (415) 353-9580  
**Website:** www.ucsf.edu/whrc  
**Language:** English, Interpreters available  
**Contacts:** Dawn Reedy RN, IBCLC  
**Services:** IBCLC on staff  
**Cost/Eligibility:** UCSF patients



**Black Infant Health Improvement Project**

*Designed to reduce African American infant mortality.*

**Address:** 30 Van Ness Ave., Ste 260,  
 San Francisco, CA 94102

**Phone:** (415) 776-4457

**Fax:** (415) 575-5799

**Language:** English

**Contacts:** Jenee Johnson  
 (415)575-5682  
 Felicha Bell, PHN  
 (415)575-5664

**Services:** Parent classes and support groups  
 for pregnant women and mothers with  
 infants, Workshops on health issues,  
 Home visits by community health  
 workers or PHN Individual counseling

**Cost/Eligibility:** Free, open to community

**Hours:** Monday - Friday  
 8:00am - 5:00pm

**Breastfeeding Help Line**

**Address:** San Mateo County WIC Program,  
 32 West 25th Avenue Suite 203-A,  
 San Mateo, CA 94403

**Phone:** (800) 205-0333

**Email:** aklanj@smcgov.org

**Phone:** 650-573-2955

**Language:** English, Spanish

**Contacts:** Ana Klanjac

**Services:** Lactation phone advice

**Cost/Eligibility:** Free for WIC participants,  
 San Mateo County and S.F. City and  
 County Residents Only

**Hours:** Monday-Thursday  
 8:00am - 5:30pm  
 Friday 8:00am - 4pm

**Breastfeeding Warm Line, Blue Cross  
 State Sponsored Programs (Managed  
 Care Medi-Cal)**

*For Blue Cross Members Only*

**Phone:** (800) 231-2999

**Language:** English, Spanish,  
 Interpreters available

**Services:** Lactation advice

**Cost/Eligibility:** No cost to CA Blue Cross  
 Medi-Cal members only

**Hours:** 24 hours, 7 days a week

**California Pacific Medical Center:  
 Newborn Connections**

**Address:** 3698 California Suite 1882,  
 San Francisco, CA 94118

**Phone:** (415)600-BABY(2229) or  
 (415)600-6243

**Fax:** (415)752-0469

**E-mail:** cpmcnewborn@sutterhealth.org

**Website:** www.cpmc.org/newbornconnections

**Language:** English, Spanish, Chinese,  
 other interpreters available

**Contacts:** Paula Sulkis, Supervisor

**Services:** Lactation consultations,  
 Two BF support groups,  
 Breastfeeding classes, Nursing  
 clothes and accessories,  
 Book and Video lending  
 library, Electric breastpump rentals  
 and sales

**Cost/Eligibility:** Inquire for cost of services.  
 Open to the public.

**Hours:** Monday - Friday  
 10:00am - 4:00pm  
 Saturday  
 10:00am - 2:00pm



**Day One**

**Address:** 3490 California Street, Suite 203,  
San Francisco, CA 94118  
**Phone:** (415) 440-3291  
**Fax:** (415) 440-8339  
**Website:** www.dayonecenter.com  
**Email:** community@dayone.com  
**Language:** English  
**Contacts:** Bonnie Rosenstein,  
Services Coordinator  
**Services:** Lactation consultations, Telephone  
advice, BF classes, Parent support  
groups, Electric breastpump rentals  
and sales, Bra fittings, Childbirth  
preparation, Baby slings, Lending  
library  
**Cost/Eligibility:** \$99/year membership. Inquire for  
cost of services.  
**Hours:** Monday – Friday  
9:30am - 6:00pm  
Saturday  
11:00a - 6:00p  
Sunday  
11:00a - 5:00p

**Kaiser Permanente - Breastfeeding  
Center**

**Address:** 2200 O’Farrell St., Lobby, San  
Francisco, CA 94115  
**Phone:** (415) 833-3236  
Breastfeeding Advice Line:  
(415) 833 – BABY(2229)  
**Fax:** (415) 833-4477  
**Language:** English, Interpreters by appointment  
**Services:** Telephone advice, Lactation  
consultations, Breastfeeding classes,  
Parenting classes, Lending library,  
Breastfeeding supplies, Electric  
breastpump rentals and sales, Bras,  
Books for sale  
**Cost/Eligibility:** Kaiser members only. Free.  
**Hours:** Monday - Saturday  
8:30am - 5:00pm

**La Leche League of San Francisco**

**Address:** PO Box 210465, San Francisco,  
CA 94121  
**Phone:** San Francisco Referral Line:  
(415) 320-8116  
General line:  
1-800-LALECHE  
24-hour helpline:  
(877) 452-5324  
**Website:** www.LLLnorcal.org (local) or  
www.LLLL.org  
**Language:** English  
**Services:** Free monthly breastfeeding support  
groups, Telephone or online support,  
Lending library for members  
**Cost/Eligibility:** \$40/year membership (tax deductible  
fee encouraged but not required to  
attend meetings)

**Mission Neighborhood Health Center**

**Address:** 240 Shotwell Street, San Francisco,  
CA 94110  
**Phone:** (415) 552-3870  
**Website:** www.mnhc.org  
**Language:** English, Spanish  
**Contacts:** Health Educator: Ext. 254  
Nutritionist: Ext. 276  
**Services:** Breastfeeding and prenatal classes,  
Child development classes,  
Telephone advice  
**Cost/Eligibility:** Free/Medi-Cal patients  
**Hours:** Monday – Friday  
8:30am – 5:00pm



### Nurse-Family Partnership

**Address:** 30 Van Ness Ave, San Francisco CA, 94102  
**Phone:** 1-800-300-9950  
**Website:** www.nursefamilypartnership.org  
**Contact:** Ashley Gardner  
**Cost/Eligibility:** First time mothers less than 28 weeks gestation.

### Nursing Mother's Counsel

*For San Francisco and San Mateo Counties*

**Phone:** (650) 327-6455 (24-hour hotline)  
**Website:** www.nursingmothers.org  
**Language:** English  
**Services:** Free breastfeeding advice and support, Breastpump rentals and supply sales, Training to become a NMC breastfeeding counselor, Grants for low-income families, Free classes in San Mateo county, Online library of pamphlets in English and Spanish  
**Cost/Eligibility:** Free phone advice

### San Francisco Department of Public Health Community Network

*Maternal Child and Adolescent Health*

**Phone:** (800) 300-9950  
**Fax:** (415) 657-1752  
**Language:** English, Spanish, Cantonese  
**Contact:** Diane Beetham, Nurse Manager, MCAH Field Nursing Unit (415) 657-1747  
**Services:** Home visits, Referral service  
**Cost/Eligibility:** Medi-Cal accepted  
**Hours:** Monday - Friday 8:00am - 5:00pm

### San Francisco Early Head Start

**Address:** 205 13th Street, Ste. 3280, San Francisco, CA 94103  
**Phone:** (415) 405-0500  
**Fax:** (415) 552-7257  
**Website:** www.sfheadstart.org  
**Language:** All languages, interpreters available  
**Contacts:** Janie Garcia, Operations Compliance Manager  
**Services:** 90 minute weekly home visits  
**Cost/Eligibility:** Enrollment form available on website. Need to provide proof of: income, age, birth certificate. Free – must live in city and county of San Francisco.  
**Hours:** 8:00am – 5:00pm

### San Francisco General Hospital Women's Health Center

**Address:** 1001 Potrero Ave., 5-M, San Francisco, CA 94110  
**Phone:** (415) 206-3409  
**Fax:** (415) 206-4562  
**Language:** English, Spanish, Cantonese, Mandarin  
**Contacts:** Vicky Urbano-Jaime, RN, IBCLC (415) 206-4249  
 Dalila Pitta, RD, IBCLC (415) 206-5220  
**Services:** BF classes, Healthy Newborn, Class, Office consultations (by appointment), Expectant Parents' Club  
**Cost/Eligibility:** SFGH/CHN clients only. Medi-Cal, Insurance, Healthy SF, Sliding Scale



## St. Luke's Hospital Breastfeeding Center

**Address:** 3555 Cesar Chavez, 5th floor,  
San Francisco,  
CA 94110  
**Phone:** (415) 641-6869  
**Fax:** (415) 641-6649  
**Languages:** English, Spanish  
**Contacts:** Mary Janowitz, RN, IBCLC  
**Services:** In-Patient consultations, Office  
consultations  
**Cost/Eligibility:** St. Luke's patients  
**Hours:** Monday – Saturday  
8:00am - 1:00pm

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## Teenage Pregnancy and Parenting Project (TAPP)

**Address:** 2730 Bryant St., 2nd Floor  
San Francisco, CA 94110  
**Phone:** (415) 695-8300  
**Fax:** (415) 824-2416  
**Language:** English, Spanish  
**Contacts:** Stephanie Wiggins,  
Program Director  
Judith Levine,  
Nutritionist  
Cathy Lucero,  
Nursery Supervisor  
**Services:** Telephone advice, Office  
consultations, Case management  
for pregnant and parenting teens to  
age 20 for females and 21 for males,  
Young family resource center for  
parents up to age 24, Nutritionist,  
Vocational services and GED help  
**Cost/Eligibility:** No charge to TAPP clients. San  
Francisco residents.  
**Hours:** Monday - Friday  
8:30am - 5:00pm

## UCSF Home Health

**Address:** 3360 Geary Blvd., Suite 201,  
San Francisco, CA 94118  
**Phone:** (415) 353-3100  
**Fax:** (415) 3533125  
**Language:** English, Interpreters available  
**Contacts:** Alice Alexander, Director  
**Services:** Home visits  
**Cost/Eligibility:** Open to public Insurance, Private pay  
**Hours:** 7 days a week  
8:00am - 8:00pm

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## UCSF Women's Health Resource Center (Great Expectations)

**Address:** 2356 Sutter Street, San Francisco,  
CA 94115  
**Phone:** (415) 353-2667  
**Fax:** (415) 353-9580  
**Website:** [www.ucsf.edu/whrc](http://www.ucsf.edu/whrc)  
**Language:** English, Interpreters available  
**Contacts:** Joanna Laffey, Operations Manager  
**Services:** Electric breastpump rentals and  
sales, Book and video lending library,  
Lactation supplies, Breastfeeding  
and parenting classes  
**Cost/Eligibility:** Open to public, Fee for service/  
classes, call or visit website for info  
**Hours:** Monday-Thursday  
9:00am - 6:00pm  
Friday  
9:00am - 5:00pm





**Women, Infants and Children  
 Supplemental Nutrition Program (WIC),  
 San Francisco Department of Public  
 Health**

**Address:** 30 Van Ness Avenue, Suite 220,  
 San Francisco, CA 94102  
**Phone:** (415) 575-5788  
**Website:** [www.sfdph.org/dph/comupg/  
 oprograms/PHP/WIC/WIC.asp](http://www.sfdph.org/dph/comupg/oprograms/PHP/WIC/WIC.asp)  
**Languages:** English, Spanish, Cantonese,  
 Mandarin, Portuguese, Vietnamese,  
 Cambodian, Tagalog, and French  
**Contact:** Magdalene Louie, MS, RD  
 Grace Yee, BA, IBCLC  
 (415) 575-5743  
**WIC Breastfeeding Support  
 Warmline:** (415) 575-5688  
**Services:** Nutrition education, Breastfeeding  
 promotion and education,  
 Supplemental food

**Sites:**

**San Francisco General Hospital**

**Phone:** (415) 206-5494  
**Hours:** Monday – Friday  
 8:15am - 12:00pm  
 1:00-5:00 pm  
 Most Saturdays:  
 8:15am - 12:00p  
 12:30pm – 4:00pm

**Silver Avenue Family Health Center**

**Phone:** (415) 657-1724  
**Hours:** Monday – Friday  
 8:15am - 12:00pm  
 1:00pm - 5:00pm  
 Open until 7:00 pm 1st to 4th  
 Thursdays of the month.

**Chinatown Public Health Center**

**Phone:** (415) 364-7654  
**Hours:** Monday – Friday  
 8:15am -12:00pm  
 1:00pm -5:00pm

**Ocean-Park Health Center**

**Phone:** (415) 682-1928  
**Hours:** Monday-Friday  
 8:15am - 12:00pm  
 1:00pm - 5:00pm  
 (Closed Tuesday)

**Southeast Health Center**

**Phone:** (415) 671-7059  
**Hours:** Tuesday & Thursday  
 8:30am - 12:00pm  
 12:30pm - 4:30pm  
 Last two Thursdays of each month,  
 open 1:00pm - 4:00pm only

**Van Ness Site**

**Phone:** (415) 558-5941  
**Open:** Tuesdays  
 8:30am - 12:00pm  
 1:00pm - 4:30pm  
 Fridays  
 8:30am - 12:00pm  
 1:00pm - 4:00pm



**Medela, Inc.**

**Address:** 1101 Corporate Drive, McHenry,  
 IL 60050  
**Phone:** (800) 435-8316  
**Fax:** (815) 363-1246  
**Website:** www.medelabreastfeedingus.com  
**Email:** customer.service@medela.com  
**Services:** Sales – Breastpumps and other  
 breastfeeding supplies  
**Hours:** Monday - Friday  
 7:30am - 7:00pm CST  
 Saturday  
 8:00am – noon CST

**Mother’s Milk Bank at Valley Medical  
 Center, San Jose**

**Address:** 751 S. Bascom Avenue, San Jose,  
 CA 95128  
**Phone:** (408) 998-4550  
**Fax:** (408) 297-9208  
**Website:** www.sanjosemilkbank.com  
**Email:** MothersMilkBank@  
 hhs.co.santa-clara.ca.us  
**Language:** English, Spanish  
**Services:** Processed breastmilk by  
 prescription, Electric breastpump  
 rentals, Receive breastmilk,  
 donations after medical screening,  
 Order milk by prescription  
**Cost/Eligibility:** Depends on diagnosis and Insurance.  
 Medi-Cal accepted.  
**Hours:** Monday – Friday  
 8:30am – 4:00pm

**UNational Women’s Health Information  
 Line (Breastfeeding help-line)**

*A project of the U.S. Department of Health and  
 Human Services, Office on Women’s Health*

**Address:** 8270 Willow Oak Corporate Dr., Ste  
 101, Fairfax, VA 22031  
**Phone:** (800) 994-9662  
**Website:** www.womenshealth.gov  
**Language:** English, Spanish  
**Services:** Telephone advice, Referrals,  
 Breastfeeding publications  
**Cost/Eligibility:** Free, available to public  
**Hours:** Monday-Friday  
 9:00am – 6:00pm EST

**Natural Resources (Retail)**

**Address:** 1367 Valencia Street, San Francisco,  
 CA 94110  
**Phone:** (415) 550-2611  
**Website:** www.naturalresources-sf.com  
**Email:** cara@naturalresources-sf.com  
**Language:** English  
**Contacts:** Cara Vidano  
**Services:** Electric breastpump rentals/sales,  
 Book and video lending  
 library, Nursing bras and tanks, BF  
 accessories, BF and parenting  
 classes, Community resource lists,  
 BF mothers circle (by a lactation  
 counselor)  
**Cost/Eligibility:** Inquire of fees  
**Hours:** Monday –Saturday  
 11:00am – 6:00pm  
 Sunday  
 11:00pm – 5:00pm



San Francisco  
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# BREASTFEEDING RESOURCES / SERVICES

## UC Pediatric Environmental Health Specialty Unit (UC PEHSU)

**Address:** 1001 Potrero Avenue, San Francisco,  
CA 94110-3518

**Phone:** 415) 206-4038  
(866) UCP-EHSU (827-3478)

**Website:** [coeh.berkeley.edu/ucpehsu](http://coeh.berkeley.edu/ucpehsu)

**Contacts:** Administrative Offices  
UCSF PEHSU Program  
c/o CA Poison Control System  
University of California  
San Francisco, CA 94143-1369

**Services:** Telephone consultations on Pediatric  
environmental health and exposure  
issues, Clinical consultations/  
referrals, Educational material and  
training, Research



## Baby-Friendly Hospital Initiative in the U.S.

**Address:** 327 Quaker Meeting House Road,  
E. Sandwich, MA 02537  
**Phone:** (508) 888-8092  
**Fax:** (508) 484-1716  
**Website:** [www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)  
**Email:** [info@babyfriendlyusa.org](mailto:info@babyfriendlyusa.org)  
**Language:** English, Spanish  
**Services:** Information and assessment to  
become a Baby-Friendly Hospital  
**Cost/Eligibility:** Inquire for information  
**Hours:** Monday - Friday  
9:00am - 5:00am EST

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## BALA - Bay Area Lactation Associates *Affiliate of ILCA*

**Website:** [bayarealactation.org](http://bayarealactation.org)  
**Services:** Professional organization for  
Lactation Specialists, Referrals for  
IBCLC's, Membership Directory,  
Education and support for anyone  
with an interest in lactation  
**Cost/Eligibility:** \$35/member, \$25/associate

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## Breastfeeding Support Consultants - Center for Lactation Education

**Address:** 44 N. Cornell Villa Park, IL 60181  
**Phone:** (630) 547-5057  
**Website:** [www.bsccenter.org](http://www.bsccenter.org)  
**Email:** [info@bsccenter.org](mailto:info@bsccenter.org)  
**Services:** Long distance learning for  
lactation education

## Evergreen Perinatal Education

**Address:** 402 Detwiller Lane, Bellevue,  
WA 98004  
**Phone:** (425) 455-3231  
**Website:** [www.evergreenperinatal  
education.com](http://www.evergreenperinatal<br/>education.com)  
**Email:** [eponline@  
evergreenperinataleducation.com](mailto:eponline@<br/>evergreenperinataleducation.com)  
**Contacts:** Molly Pessl, BSN, IBCLC  
**Services:** Lactation education training  
programs worldwide, Maternity care  
programs

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## Healthy Children's Center for Breastfeeding

**Address:** 327 Quaker Meeting House Rd, E.  
Sandwich, MA 02537  
**Phone:** (508) 888-8044  
**Fax:** (508) 888-8050  
**Website:** [www.healthychildren.cc](http://www.healthychildren.cc)  
**Email:** [info@healthychildren.cc](mailto:info@healthychildren.cc)  
**Language:** English  
**Services:** Lactation education training  
programs  
**Cost/Eligibility:** Open to public, cost varies. please  
call  
**Hours:** 9:00am - 4:30am EST

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## International Lactation Consultant Association (ILCA)

*The ILCA is the professional association for  
International Board Certified Lactation Consultants  
(IBCLCs) and other health care professionals who care  
for breastfeeding families. To locate an IBCLC in your  
area, please visit [www.ilca.org](http://www.ilca.org).*

**Address:** 2501 Aerial Center Parkway,  
Suite 103, Morrisville, NC 27560  
**Phone:** (919) 861-5577 or (800) ILCA-IS-U  
**Fax:** (919) 459-2075  
**Website:** [www.ilca.org](http://www.ilca.org)  
**Email:** [info@ilca.org](mailto:info@ilca.org)



## Lactation Education Consultants

**Address:** 618 North Wheaton Ave, Wheaton, IL 60187  
**Phone:** (630) 260-4847  
**Fax:** (630) 260-8879  
**Website:** [www.lactationeducationconsultants.com](http://www.lactationeducationconsultants.com)  
**Email:** [lecoffice@aol.com](mailto:lecoffice@aol.com)  
**Language:** English  
**Contacts:** Jan Barger, RN, MA, IBCLC Director, Lactation Education Consultants  
**Services:** Lactation education training programs  
**Cost/Eligibility:** Anyone is eligible to take the course. Inquire for fees.

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## Lactation Education Resources

**Address:** 5614 Dover Street Churchton, MD 20733  
**Phone:** (703) 868-1849  
**Fax:** (443)607-8898  
**Website:** [www.leron-line.com](http://www.leron-line.com)  
**Email:** [leronline@yahoo.com](mailto:leronline@yahoo.com)  
**Services:** Lactation education training programs for professionals

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## UC Davis Human Lactation Center

**Address:** Department of Nutrition, UC Davis, UC Davis, Human Lactation Center  
**Phone:** (530) 754-5364  
**Fax:** (530) 752-7582  
**Website:** [lactation.ucdavis.edu](http://lactation.ucdavis.edu)  
**Email:** [lactation@ucdavis.edu](mailto:lactation@ucdavis.edu)  
**Language:** English  
**Contacts:** Jane Heinig, PhD, IBCLC, Editor-in-Chief Journal of Human Lactation  
**Services:** Research and education in human lactation, Conferences and workshops, Independent Study Modules  
**Cost/Eligibility:** Open  
**Hours:** Monday - Friday  
8:00am - 5:00pm

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## UCSD Extension

**Address:** 9600 N. Torrey Pines Rd., La Jolla, CA 92037  
**Phone:** (858) 534-9262  
**Fax:** (858) 534-8527  
**Website:** [www.extension.ucsd.edu](http://www.extension.ucsd.edu) or [www.breastfeeding-education.edu](http://www.breastfeeding-education.edu)  
**Services:** Lactation education training programs  
**Cost/Eligibility:** Inquire for fees. Open to anyone  
**Hours:** Monday - Friday  
8:00am - 5:00am



## ONLINE RESOURCES

### **Academy of Breastfeeding Medicine**

[www.bfmed.org](http://www.bfmed.org)

### **Adoptive Breastfeeding Resource Website**

[www.fourfriends.com/abr](http://www.fourfriends.com/abr)

### **American Academy of Family Physicians**

[www.aafp.org](http://www.aafp.org)

### **American Academy of Pediatrics**

[www.aap.org](http://www.aap.org)

### **Attachment Parenting**

[www.attachmentparenting.org](http://www.attachmentparenting.org)

### **Breastfeeding After a Reduction**

[www.bfar.org](http://www.bfar.org)

### **Breastfeeding.com For Parents**

[www.breastfeeding.com](http://www.breastfeeding.com)

### **Brian Palmer, DDS Information about tongue tie**

[www.brianpalmerdds.com](http://www.brianpalmerdds.com)

### **Bright Future Lactation Resource**

[www.bflrc.com](http://www.bflrc.com)

### **Centers for Disease Control**

[www.cdc.gov](http://www.cdc.gov)

### **Coalition for Improving Maternity Services**

[www.motherfriendly.org](http://www.motherfriendly.org)

### **Drug and Lactation Database**

<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

### **Geddes Productions Kitty Frantz's website**

[www.geddesproduction.com](http://www.geddesproduction.com)

### **Hale Publishing Thomas Hale's Book**

*"Medications and Mother's Milk"*

[www.ibreastfeeding.com](http://www.ibreastfeeding.com)

### **Health and Human Services (US Gov)**

[www.hhs.gov](http://www.hhs.gov)

### **IBFAN Code Watch**

[www.ibfan.org/code\\_watch.html](http://www.ibfan.org/code_watch.html)

### **Infant Feeding in Emergencies**

[www.enonline.net/ife](http://www.enonline.net/ife)

### **International Board of Lactation Consultant Examiners**

[www.iblce.org](http://www.iblce.org)

### **International Lactation Consultant Association**

[www.ilca.org](http://www.ilca.org)

### **Kangaroo Mother Care**

[www.kangaroomothercare.com](http://www.kangaroomothercare.com)

### **KellyMom**

[www.kellymom.com](http://www.kellymom.com)

### **Lactnet Listserve Archives**

<http://community.lsoft.com>

### **Linkages: a USAID funded project**

[www.linkagesproject.org](http://www.linkagesproject.org)

### **March of Dimes**

[www.breastfeedingbasics.org](http://www.breastfeedingbasics.org)

### **Medline Plus**

[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

### **Milk for Thought**

[www.milkforthought.com](http://www.milkforthought.com)

### **National Women's Health Information Center**

[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

### **Text for Baby**

[www.text4baby.org](http://www.text4baby.org)

### **The National Alliance of Breastfeeding Advocacy**

[www.naba-breastfeeding.org](http://www.naba-breastfeeding.org)

### **Unicef Breastfeeding Initiatives Exchange**

[www.unicef.org/programme/breastfeeding](http://www.unicef.org/programme/breastfeeding)

### **US Breastfeeding Committee**

[www.usbreastfeeding.org](http://www.usbreastfeeding.org)



## ONLINE RESOURCES

### **US Breastfeeding Laws**

[www.lalecheleague.org/Law/LawUS.html](http://www.lalecheleague.org/Law/LawUS.html)

### **USDA MyPlate for Pregnancy and Lactation**

[www.myplate.gov/mypyramidmoms](http://www.myplate.gov/mypyramidmoms)

### **USDA WIC Breastfeeding**

[www.WICworks.nal.usda.gov](http://www.WICworks.nal.usda.gov)

### **Wellstart**

[www.wellstart.org](http://www.wellstart.org)

### **World Alliance for Breastfeeding Action**

[www.waba.org.my](http://www.waba.org.my)

### **WIC Breastfeeding Resources**

[www.cdph.ca.gov/programs/WICworks/pages/WICbreastfeeding.aspx](http://www.cdph.ca.gov/programs/WICworks/pages/WICbreastfeeding.aspx)

### **WIC, San Francisco Department of Public Health Nutrition Services**

[www.sfdph.org/dph/comupg/oprograms/php/wic/wic.asp](http://www.sfdph.org/dph/comupg/oprograms/php/wic/wic.asp)

### **Breastfeeding Coalitions:**

#### **California Breastfeeding Coalition**

[www.californiabreastfeeding.org](http://www.californiabreastfeeding.org)