

Additional Resources:

- ★ **MotherToBaby:**
Can answers your questions about medication and other exposures during pregnancy and breastfeeding
 - Call toll free (866) 626-6847
 - Text (855) 999-3525
(Standard messaging rates apply)
 - Chat live or email an expert at MothersToBaby.org

- ★ **Postpartum International Support (PSI):**
The PSI warmline is a toll-free telephone number anyone can call to get information and support about perinatal depression or mood/anxiety disorders.
 - Call toll free 1-(800) 944-4773
 - Or to chat with an expert visit Postpartum.net for more information

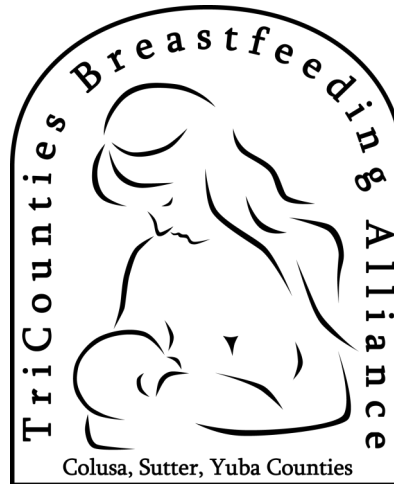
- ★ **Adventist-Rideout Breastfeeding Mom's Group**
 - Meets every Wednesday from 10:00am-11:30am at the Rideout Cancer Center Library in Marysville, CA.

- ★ **Facebook Group**
 - Follow them at Breast Friends-Yuba/Sutter

- ★ **Family Birthing Center**
Breastfeeding/childbirth classes
 - Please register for online classes at AdventistHealthRideout.org/Childbirthclass
 - For questions call 530-751-4165



**For more information about the
TriCounties Breastfeeding
Alliance, find us on Facebook or
call: (530) 822-5951**



“Breastfeeding is a mother's gift to herself, her baby and the earth.”

~Pamela K. Wiggins



**TriCounties
Breastfeeding
Resource Guide**

**Sutter, Yuba &
Colusa
Counties**



Congratulations, Mom!

Breastfeeding is the best nutrition for your baby, and also provides a special time for you and baby to bond. Sometimes moms need a little extra support to make breastfeeding successful.

Use this list to find no-cost breastfeeding assistance in your community. We are here to help!



Sutter County:

★ **Women, Infant and Children Program**

530-822-7224

Call for hours

Tina Lavy MS, IBCLC
Kulwant Khela, CLC

(Assistance available in English, Spanish, and Punjabi)

★ **Sutter County Public Health**

530-822-7215

Monday-Friday 8am-5pm
Maternal-Child Nurse

NUTRA LATCH

Nutrition and Lactation Services

Dawn M. Oakley

530-277-3509

Yuba County:

★ **Ampla Health WIC Program Breastfeeding Warmline**

530-812-7786

Call or Text 7 days a week 8am-6:30pm

Rosario Reyes, IBCLC

Ya Yang, CLE

(Assistance in English, Spanish, and Hmong)

★ **Harmony Health Medical Clinic**

530-743-6888

Monday-Friday 9am-5pm

Ariana Medina, CLC

(Assistance in English and Spanish)

★ **Yuba County Public Health Division**

530-749-6366

Monday-Friday 8am-5pm

Public Health Nurse

(Assistance in English, Spanish and Hmong)

★ **Adventist Health & Rideout**

530-749-6668

Mindy Routon RN IBCLC

Dena Cissna, IBCLC



Colusa County:

(Assistance available in English and Spanish in all the listed agencies in Colusa County)

★ **Ampla Health WIC Program Breastfeeding Warmline**

530-812-7786

Call or Text 7 days a week 8am-6:30pm

Rosario Reyes, IBCLC

Ya Yang, CLE

★ **Colusa County Public Health Division**

1-800-655-3110

Monday-Friday 8:00am-4:30pm

National Support:

★ **La Leche League USA**
1-877-452-5324

★ **www.kellymom.com**

★ **www.womenshealth.gov/breastfeeding**

