

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

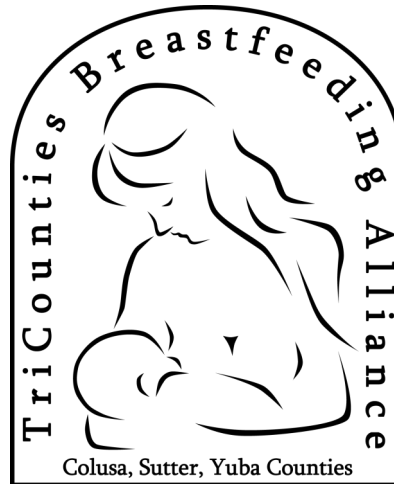
- ★ **Postpartum International Support (PSI):**
The PSI warmline is a toll-free telephone number anyone can call to get information and support about perinatal depression or mood/anxiety disorders.
 - Call toll free 1-(800) 944-4773
 - Or to chat with an expert visit Postpartum.net for more information

- ★ **Adventist-Rideout Breastfeeding Classes:**
 - Learn how and why to breastfeed.
 - Please call to register for the class 530-751-4165

- ★ **Yuba County Public Health Breastfeeding Tip Class**
 - Receive a free baby carrier (while supplies last)
 - For more information or to register call 530-749-5205



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 Health and Human Services–Public Health Division**
530-822-7215
Monday-Friday 8am-5pm
Sarah Ludwick PHN, CLEC




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
Elizabeth Smith, RN, IBCLC
(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)
- ★ **Beale Air Force (Military Only)**
530-634-0626
Monday-Friday 9am-5pm
Roberta Trumm, BSN, IBCLC
- ★ **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
 - ★ **First 5 Colusa-Arbuckle Family Action Center**
530-476-0822
Monday-Friday 8:30am-4:30pm
Kim Owens, CLC
 - ★ **First 5 Colusa- Williams Family Action Center**
530-473-5400
Monday-Friday 8:30am-4:30pm
Betty Huson, CLEC
 - ★ **Colusa County Public Health Division**
1-800-655-3110
Monday-Friday 8:30am-4:30pm
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- ### **National Support:**
- ★ **La Leche League USA**
1-877-452-5324
 - ★ www.kellymom.com
 - ★ www.womenshealth.gov/breastfeeding