



Resource List - Summer 2023

# PLACER COUNTY BREASTFEEDING COALITION

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

## Private Practice Lactation Consultants (IBCLC)

### Infant Instincts

Jessica Hopp, IBCLC  
[infantinstincts.com](http://infantinstincts.com)  
(916) 827-5571

### Golden Oaks Lactation

Danielle Bouchier, RN, IBCLC  
[golactation.com](http://golactation.com)  
(530) 788-3032

### Carolina Jones, IBCLC

(916) 879-4229

### Michelle Kunschke, IBCLC

[simplymothere nurture.com](http://simplymothere nurture.com)  
(916) 956-1999

### Faithful Lactation Support

Shanee Euren, RN, BSN, RNC-NIC, IBCLC  
[FaithfulLactationSupport.com](http://FaithfulLactationSupport.com)  
(916) 367-1535

### Milk-Fed

Brooklyn Gonzales, RN, BSN, IBCLC  
[milk-fed.com](http://milk-fed.com)

### The Nest

Katie DaMota, IBCLC  
[thenestfamilyresource.com](http://thenestfamilyresource.com)  
(530) NEST-411

### Rachel Maxim, IBCLC

(916) 240-1265

## Hospital Services + Groups

### Kaiser Pediatrics Lactation Appointments

(916) 784-4050

### Kaiser Baby & Me Group

(916) 474-6610

### Sutter Roseville Lactation Warm Line

(916) 781-1387

### Sutter Mothers' Outlet Group

[facebook.com/groups/SutterRosevilleMomsOutlet](https://facebook.com/groups/SutterRosevilleMomsOutlet)

## La Leche League

### Auburn

[llnorcal.org/auburn](http://llnorcal.org/auburn)

## WIC Breastfeeding Help Line

### Placer County WIC

530-889-7211

*\*Lactation help for non-WIC families available*

## Lactation Educators + Counselors

### Mothers and Babies First

Jeanne Wade, CLC, CLE  
[MothersAndBabiesFirst.com](http://MothersAndBabiesFirst.com)  
(916) 771-2440

### Honeydew You Nutrition & Lactation

Arielle Mize, RD, CLC  
[honeydewyou.com](http://honeydewyou.com)  
(916) 749-9268

## Tahoe Area

### Krystal Long Birth Services

[krystallong.com](http://krystallong.com)  
(530) 414-1348

### Alyssa Lopez, CLC

[nourishyournewborn.com](http://nourishyournewborn.com)  
(530) 214-9098

### Tahoe Forest Center for Health

#### Mama's Meet Up Infant Feeding Support Group

[tfhd.com/news/mamas-meet-infant-feeding-support-group-0](http://tfhd.com/news/mamas-meet-infant-feeding-support-group-0)  
(530) 587-3769

### Tahoe Forest Women's Center

[tfhd.com/womens-center/postnatal-lactation-services](http://tfhd.com/womens-center/postnatal-lactation-services)  
(530) 582-3247