

**About the Breastfeeding Coalition
of Ventura County**

OUR VISION

The Breastfeeding Coalition of Ventura County is a county-wide resource for education, advocacy, and referral to ensure that breastfeeding becomes the cultural norm, while promoting maternal and infant health through exclusive breastfeeding for at least the first six months of life.

OUR MISSION

Comprised of health care providers, community leaders, policy makers, and parents, as well as public and private organizations, the Breastfeeding Coalition of Ventura County's mission is to promote and support breastfeeding for the first six months and continued breastfeeding beyond the first year. We build community partnerships, develop resources, and provide advocacy, education, outreach, and support to health care providers, policy makers, families, and the public.

For a comprehensive listing of Breastfeeding website links and books for both the professional and for moms please visit our website:

Website Info: www.breastfeedventura.org

Please Join Us for Our Meetings!

We meet the first Thursday of each month from 9:00 -10:30 AM at the location below

How to Contact Us:

Ventura County Health Care Agency
2240 E. Gonzales Road, Suite 280
Oxnard, CA 93036

Phone: 805/981-5273 - Laura Flores
www.breastfeedventura.org
E-mail: laura.flores@ventura.org

**Breastfeeding Resources and
Support**

**Breastfeeding
Resources and Support**

**Breastfeeding
Resource
Directory
2009**



*A guide to finding
breastfeeding support services
in Ventura County*

*Compliments of the Breastfeeding
Coalition of Ventura County*

805/ 981-5273

www.breastfeedventura.org

Breastfeeding Resources and Support

HOSPITALS

**A "Baby Friendly" Hospital
Ventura County Medical Center**

Marisa Montgomery, Licensed Nurse, CLC
Spanish speaker **Pager 805/655-6066**
805/652-6241 or 805/652-6090

Services: (intended for VCMC patients) prenatal and postpartum classes; consultations at hospital and home. Phone support & referrals available for anyone.

Hours: 24 hrs/7 days a week

**Community Memorial Hospital
Breastfeeding Resource Center**

805/667-2838 805/652-5052 (after hrs.)

Services: complimentary services include consultations by phone or at the Center by appt., Breastfeeding Support Group every Wed. 10-11:30am & bra fittings; breast pumps rentals & purchase. Classes on Breast feeding, Childbirth, Prenatal Yoga and Baby & Me - registration may be required

Hours: M-F, 10am-5pm

Los Robles Hospital & Medical Center

Lois Girsky, RN, IBCLC **805/370-4467**

*in-house lactation consultant

Linda Cordes, RN, IBCLC

*private consults

Services: prenatal classes; support by phone

Hours: Monday - Friday

Simi Valley Hospital 805/955-6300

Bridget Winnett, IBCLC (*ask for Bridget or Elisa*)

Elisa Hirsch, IBCLC *Spanish speaker*

Services: consultations for moms while in hospital & at home; breastfeeding support groups every Thurs. 9am; support by phone **Hours:** vary

St. John`s Regional Medical Center,
Oxnard

St. John`s Pleasant Valley Hospital,
Camarillo

Leigh Zimmerman, RN, *CLC **805/988-2796**
Spanish speakers

Services: prenatal classes; breastfeeding support group; consultations; breast pump rentals and sales; related products for sale; support by phone. No charge for consultations done while inpatient at hospitals

Hours: hours vary, 7 days/wk

CA Protects a Mother's Right to Breastfeed

The State of California protects a woman's right to breastfeed her baby in public...."a mother may breastfeed her child in any location, public or private, except the private home or residence of another, where the mother and the child are otherwise authorized to be present."

CA Civil Code 43.3

For this and more laws protecting breastfeeding visit www.illi.org and select *Resources and Breastfeeding and the Law*

Links for Moms

- Breastfeeding Online www.breastfeedingonline.com
- Breastfeeding Taskforce of Greater LA www.breastfeedingtaskforla.org
- La Leche League www.illi.org
- Promotion of Mother's Milk Inc. – promoting awareness and acceptance of breastfeeding www.promom.org

Breastfeeding Resources and Support

COMMUNITY RESOURCES

Breastfeeding Clinic at Mandalay Bay Women and Children's Medical Group
Dr. Patty Auchard, M.D. 805/604-4588
2000 Outlet Center Dr., Ste.110, Oxnard
Every Friday 11am-3pm, except 1st Friday/month

Conejo Valley Neighborhood for Learning Infant & New Parent Education Center - T.O.
Brenda Hunter, CLC 805/496-9035
Irene Zavala, CLC - Spanish Speaker
Services: Two CLC's on staff, home visits available, weekly drop-in Breastfeeding Café, Support Group on Weds. from 10-12
Hours: M-F, 8am-5pm

La Leche League 805/659-4018
Laura - Spanish Speaker 805/532-2144
(No English calls to Laura please)
Services: support groups; breast pump rentals & sales; related products for sale; support by phone **Hours:** by appointment

Naval Base Ventura County 805/982-5037
New Parent Support Home Visitation Program
Location: Fleet and Family Support Center, 1000 23rd Avenue, Bldg 1169, Port Hueneme
Services: NPS provides education, support & community resources for military families
Hours: M-F, 7:30am-4pm

Ventura County Public Health Nursing Cecilia Cabrera-Urango RN, PHN
Perinatal Services Coordinator **805/654-7641**
Services: comprehensive services available only to CPSP providers to promote breastfeeding and offer support to their patients.

WIC Nutrition Program
*CLC's on staff *Spanish speakers*
805/981-5251 or 1-800/781-4449 x3
Services: prenatal & postpartum classes; consultations at most sites; breast pump rentals; support by phone
Locations: 8 sites in Ventura County - WIC program participants only - call to check eligibility for program
Hours: phone staff available, M-F, 8am-5pm; hours at individual sites vary

BREASTFEEDING SUPPORT

Diane Berger, RN, PHN 805/654-1463
Services: consultations at home, classes, phone support, assistance with breast pumps **Hours:** by appointment

Gina Breceda, LVN Spanish speaker 818/702-8803
Services: consults at home or in hospital; support by phone
Hours: 24 hours/day

Ojai Valley Breastfeeding Project & Helpline
Nan Tolbert Nurturing Center 805/646-5865
Services: Staffed by a lactation professional, telephone counseling is available free to the community, weekly breast feeding support group. Breastfeeding consultation by appt., sliding scale fees **Hours:** call anytime
www.birthresource.org

Paula Coleman, RN, PHN, IBCLC 805/857-2561
Tender Years
Services: consultations at home or hospital; breast pump rentals & sales; related products for sale; support by phone
Hours: by appointment

Mothers Guild 805/667-2115
Certified Lactation Educators on staff
www.mothersguild.com
Services: breast pump rentals and sales; related products for sale including nursing bras and a variety of infant/child carriers; support by phone; breastfeeding e-mail newsletter; pregnancy & parenting related classes
FREE Breastfeeding Support Group (Mondays 10:30-11:30)

Vivienne Collett, RN, CLCH 818/879-2005
Gentle Expressions **818/807-9545**
Services: consultations at home or hospital; breast pump rentals and sales; related products for sale; support by phone **Hours:** 24 hrs/ 7 days

Felicia Henry, IBCLC H 805/988-9975
B 805/218-6156
Services: prenatal classes; consultations at home or hospital; breast pump rentals and sales; related products for sale; support by phone **Hours:** by appointment

Elisa Hirsch, IBCLC 818/889-2238
Spanish speaker
Services: consultations in home; breast pump rentals

Renée Mandala, *CLC, Certified Doula
H 805/640-1417 B 310/729-4542
Services: consultations at home or hospital; support by phone **Hours:** 24 hrs/7 days

Dianne Oliver, IBCLC, RLC 805/582-2058
Holistic Lactation www.holisticlactation.com
Services: consultations at home or hospital; classes for students & professionals; support by phone
Hours: 7 days/week - call for appt.

Jennifer Rogers, LVN, CLE
H 818/917-2027 / B 818/879-1952
Services: consultations at home or in hospital; support by phone **Hours:** flexible

Kathy Sinclair, CLE 805/650-1127
Babies Advantage www.babiesadvantage.com
Services: home consultations, phone support, pump sales & related product sales **Hours:** by appointment

Bridget Winnett, IBCLC 805/353-2697
Services: breast pump rentals

Amelia Tavares RD, CLE, IBCLC pending
209/402-1402

Amy Paolinelli CLE, IBCLC pending
562/331-6241

www.youvegotmilk.com
Services: private lactation consultation; in-home & hospital, breastfeeding supplies; prenatal breast feeding education instruction

Ventura County Public Health Nursing
Spanish speakers 805/654-7600
Services: phone support for anyone; home visits for high risk situations; support groups at local Neighborhoods for Learning sites.



Credentials:

CLC = Certified Lactation Consultant - advanced formal lactation education & supervised clinical training

***CLC = Certified Lactation Counselor** - week long course & completion of exam

CLE = Certified Lactation Educator - week long course & completed project work

IBCLC = International Board Certified Lactation Consultant - extensive formal lactation education & clinical training, has passed an international certification exam & continuing education