

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:**

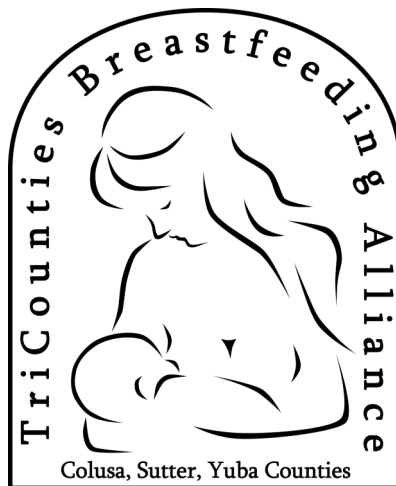
- Learn how and why to breastfeed.
- Please call to register for the class 530-751-4165

★ **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."**



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



National Support:

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

★ **www.kellymom.com**

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