

**About the Breastfeeding Coalition
of Ventura County**

WHO WE ARE

Agencies and individuals throughout Ventura County working together to establish breastfeeding as the cultural norm and to promote maternal and child health through breastfeeding education, support and outreach in Ventura County.

OUR GOAL

Increase to 75% the number of women who initiate breastfeeding and increase to 50% the proportion who exclusively breastfeed until their babies are six months, in accordance with the Healthy People 2010 objectives.

CURRENT PROJECTS

Our current projects include the continuous updating of the *Breastfeeding Resource Directory*; providing education to healthcare providers and the communities at large, public awareness and political advocacy.

Website Info: www.breastfeedventura.org

Please Join Us

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



How to Contact Us:
Ventura County Health Care Agency
2240 E. Gonzales Road, Suite 200
Oxnard, CA 93036

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

**Breastfeeding Coalition of
Ventura County**

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**Breastfeeding
Resource
Directory
2008**



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

*Compliments of the Breastfeeding
Coalition of Ventura County*

805/ 981-5273

California 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.llli.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.llli.org
- Promotion of Mother's Milk Inc. – promoting awareness and acceptance of breastfeeding www.promom.org
- San Diego Co. Breastfeeding Coalition
www.breastfeeding.org

Links for Professionals

- The Academy of Breastfeeding Medicine www.bfmed.org
- Medications & More Newsletter
www.ibreastfeeding.com
- UC Davis Human Lactation Center
<http://lactation.ucdavis.edu>
- UC San Diego Dept. of Pharmacy, Safety of Commonly Used Drugs in Nursing Mothers www.ctispregnancy.org (go to breastfeeding information)

- World Health Organization BF growth charts
www.who.int/childgrowth/standards/en

Books for Moms

- Bestfeeding: Getting Breastfeeding Right for You: An Illustrated Guide by Mary Renfrew, Chloe Fisher & Suzanne Arms
- The Breastfeeding Book: Everything You Need To Know about Nursing Your Child from Birth through Weaning by Martha Sears RN and William Sears MD
- Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers by Nancy Mohrbacher & Kathleen Kendall-Tackett
- Breastfeeding Pure and Simple by Gwen Gotsch
- The Joy of Breastfeeding by Linda McDonald
- Mothering Multiples by Karen Gromada
- Nursing Mother's Companion by Kathleen Huggins
- Womanly Art of Breastfeeding by La Leche League

Books for Professionals

- Breastfeeding: A Guide for the Medical Profession by Ruth A. Lawrence & Robert M. Lawrence
- The Breastfeeding Answer Book by Nancy Mohrbacher & Julie Stock
- Breastfeeding and Human Lactation by Jan Riordan
- Breastfeeding the Newborn: Clinical Strategies for Nurses by Marie Biancuzzo
- Clinical Therapy in Breastfeeding Patients & Medications and Mothers' Milk by Thomas W. Hale PhD

Breastfeeding Resources and Support

COMMUNITY RESOURCES

Conejo Valley Neighborhood for Learning
Infant & New Parent Education Center
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, info & support group every Wed. from 10-12 **Location:** Thousand Oaks - 2522 Pleasant Way **Hours:** M-F, 8:00-5:00

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
Ask for New Parent Support Program (NPS)
Location: Fleet and Family Support Center, 1000 23rd Avenue, Bldg 1169, Port Hueneme
Services: NPS provides education, support and community resources for military families
Hours: M-F, 7:30-4:00

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, 8:00-5:00; hours at individual sites vary

HOSPITALS

Community Memorial Hospital
(805) 652-5052

Ask for Lactation Educator
Services: prenatal BF Class; mommy & me classes cover BF; free follow-up support for moms who delivered at CMH or those with pediatric referral; support by phone
Hours: 8 am-2 pm, 7 days/week

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, CLE (ask for Bridget or Elisa)
Elisa Hirsch, IBCLC *Spanish speaker*
Services: consultations for moms while in hospital & at home; support groups; 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; BF moms' 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

Ventura County Medical Center
A "Baby Friendly" Hospital
Marisa Montgomery, Licensed Nurse, CLC
Spanish speaker Pager (805) 655-6066
OB unit (805)652-6090
PP Unit (805)652-6241

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

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
(805) 646-5865
Services: Staffed by a lactation professional, telephone counseling is available free to the community. Breastfeeding Consultation by appointment, sliding scale fees
Hours: call anytime

Paula Coleman, RN, PHN, IBCLC
Tender Years (805) 857-2561
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
Location: 2040 E. Main St, Ventura
Services: store offers breast pump rentals and sales; related products for sale including nursing bras and a variety of infant/child slings and carriers; support by phone; breastfeeding e-mail newsletter; pregnancy & parenting related classes
Hours: store open M-F, 10-6 & Sat-Sun, 10-4
FREE Breastfeeding Support Group (Mondays 10:15-11:30)

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
Full Circle Birth Services H (805) 640-1417
www.fullcirclebirth.com 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

Ventura County Public Health Nursing
Spanish speakers (805) 654-7600
Services: phone support for anyone; home visits for high risk situations

Bridget Winnett, CLE (805) 353-2697 pgr
Services: breast pump rentals

Credentials:

CLC = Certified Lactation Consultant - advanced formal lactation education & supervised clinical training
*CLC = Certified Lactation Counselor - same as above plus 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