

Welcome to the Nursing Mothers Counsel's list of resources!

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Support Groups - Breastfeeding, Multiples, etc...

Support Groups	Day + Time	Ages for group	Address	Phone	Website	Info
FIND A SUPPORT GROUP					http://moms.meetup.com/cities/us/ca/stanford/	
Breastfeeding Connections - Blossom Birth	Wednesdays 11:30a - 1:00p	no restriction	299 S. California Ave., Suite 120, Palo Alto, CA 94306	650-321-2326	www.blossombirth.org	blossom@blossombirth.org
Breastfeeding Mothers Circle - Natural Resources	Mondays 1-2:30pm	Not specified	Natural Resources, 1367 Valencia St (at 25th St.), San Francisco 94110	Tracy Massillon (415) 205-1357 OR Natural Resources (415) 550-2611	http://store.naturalresources-sf.com/cgi-bin/commerce.cgi?preadd=acton&key=1160	Tracy is an IBCLC and brings a scale for pre/post feed weights. Help with latch, low supply, gassy babies, tongue tie, BFAR, weaning from the nipple shield, SNS, etc. Support from peers as well as IBCLC.
Breastfeeding Beyond 6mos - Natural Resources	one Monday per month from 3p - 4p ~ check website for exact dates	Not specified	1367 Valencia St. (at 25th St.), San Francisco, CA	(415) 550-2611	http://store.naturalresources-sf.com/cgi-bin/commerce.cgi?preadd=acton&key=11234	Drop in; \$25 for non-members and \$15 for members. Call for information about scholarships and discounts.
WIC Breastfeeding Support Groups	Varies by site & language	Varies by site	Daly City, San Mateo, Redwood City, East Palo Alto	(650) 573-2168; ask for the Peer Counselor of the site you would like		WIC participant only
Kaiser Permanente - Redwood City	Tuesday 11a-12:30	0-9 months	910 Marshall St, Redwood City in the Birch Building Conference Room	Call Lactation at (650) 299-2545 or Health Education (650) 299-2433		No cost to Kaiser members; no registration needed
Kaiser Permanente, Daly City Parent Support Group	Thursday 10:30a-noon	0-18 months	395 Hickey Blvd, Daly City in the Daisy-Daffodil Room	Health Education (650) 301-4600		Kaiser members only; free
Harmony New Mom's Community	Wednesday 2:30-4pm	No restriction	621 E. Campbell Ave, Suite 14, Campbell Tranquility Room	(408) 370-3702;	www.harmonymama.com	Drop-in; small fee of \$5-20 at attendee's discretion (waived for hardships, call with questions)
Harmony Breastfeeding Moms Community	Tuesday 10:30a-noon	No restriction	621 E. Campbell Ave, Suite 14, Campbell Tranquility Room	(408) 370-3702;		Drop-in; small fee of \$5-20 at attendee's discretion (waived for hardships, call with questions)
Harmony Single Moms Group	Schedule Changing	Babies up to 15-18 months to allow for non-censoring	TBA	Allison call/text: (408) 497-3143;		Drop-in; small fee of \$5-15 at attendee's discretion (waived for hardships, call with questions)
Harmony Working Moms Group	Saturday 9:30-11am	Babies up to 15-18 months to allow for non-censoring	621 E. Campbell Ave, Suite 14, Campbell, Harmony Room	(408) 370-3702;		\$120 per mom. Requires advanced registration and a session-time commitment. Meets twice per month, 3 month session. Minimum of 5 moms, max 10.
Harmony Dad's Group	2nd Wednesday of each month; 7-8pm	12 months and under	621 E. Campbell Ave, Suite 14, Campbell, Harmony Room	(408) 370-3702; http://www.harmonymama.com/newfamilies/0-4group.html		Drop-in; small fee of \$5-15 at attendee's discretion (waived for hardships, call with questions)
New Mother's Support Group	Wednesday 9a-11a		Good Samaritan Hospital's Auditorium, 2425 Samaritan Drive, San Jose			
Breastfeeding Support Group	Tuesday 2p-3:30p		Good Samaritan Hospital's Auditorium, 2425 Samaritan Drive, San Jose			
LGBT Families Group - coming soon!						
Harmony Pregnancy and Postpartum Moods & Challenges Group	Saturday 11:15a-12:45p	Confidential group; please call ahead for ages	621 E. Campbell Ave, Suite 14, Campbell	Jessica (408) 345-5572; http://www.harmonymama.com/newfamilies/adjgroup.html	www.harmonymama.com	\$20 per visit

Support Groups - Breastfeeding, Multiples, etc...

Support Groups	Day + Time	Ages for group	Address	Phone	Website	Info
El Camino Hospital Drop-in Support Group - Mountain View	Wednesday 10:30-11:30am	Not specified	2500 Grant Rd, Mountain View	(650) 988-8290;	http://www.elcaminohospital.org/Womens_Hospital/Pregnancy_Childbirth/Lactation_Consultants	Free; NO STROLLERS
El Camino Hospital Drop-in Support Group - Los Gatos	Not specified	Not specified	815 Pollar Rd, Los Gatos	(408) 866-3905;	http://www.elcaminohospital.org/Womens_Hospital/Pregnancy_Childbirth/Lactation_Consultants	Free; NO STROLLERS
La Leche League (Alameda)	10:30 a.m. on the 3rd Wednesday of the month. December meeting is the 2nd Wednesday.	Not specified	The meeting location rotates every four months. Please call a leader for current information or email us.	Melanie: 510.864.0745 Virginia: 510.521.4867	http://llnocal.org/groups/AlamedaCA.html	All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Babies are always welcome. Annual membership in La Leche League International is \$40.
La Leche League (Berkeley)	10 a.m. on the 3rd Tuesday of the month	Not specified	Birthways Resource Center - 1600 Shattuck Avenue, Suite 122	Heather: hrfarley@gmail.com	http://llnocal.org/groups/OaklandBerkeleyCA.html	All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Babies are always welcome. Annual membership in La Leche League International is \$40.
La Leche League (Oakland)	10:30 a.m. on the last Saturday of the month	Not specified	Please call Tonya at 510-530-5864 for meeting location	For Leader support, please call the East Bay Referral Line: (510) 496-6009	http://llnocal.org/groups/OaklandBerkeleyCA.html	All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Babies are always welcome. Annual membership in La Leche League International is \$40.
La Leche League (San Francisco)	10:00 a.m. on the 3rd Wednesday of the month	Not specified	Sports Basement - 1509 Bryant Street, San Francisco	Call (415) 320-8116 to reach Jennifer, Elisabeth or Sarah/	https://sites.google.com/site/llsanfrancisco and http://llnocal.org/groups/PeninsulaCA.html#LLLSF	All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Babies are always welcome. Annual membership in La Leche League International is \$40.
	6:00-7:30 p.m. on the 1st Wednesday of the month	Not specified	San Francisco Public Library, Richmond Branch 351 9th Avenue (between Geary Blvd. and Clement St.)	Call (415) 320-8116 to reach Jennifer, Elisabeth or Sarah/	https://sites.google.com/site/llsanfrancisco and http://llnocal.org/groups/PeninsulaCA.html#LLLSF	
La Leche League (Redwood City)	10 a.m. on the 3rd Tuesday of the month	Not specified	Sequoia Hospital Health & Wellness Center - 749 Brewster Avenue - Redwood City	Erika: erika@akiree.com or Rumiko: 650.561.9607 (speaks Japanese)		All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Babies are always welcome. Annual membership in La Leche League International is \$40.
La Leche League of Bay Area Japanese	10:00 - 11:30 a.m. on the 3rd Thursday of the month	Not specified	Blossom Birth - 299 South California Avenue, Suite 120, Palo Alto	Rumiko: 650.561.9607 (speaks Japanese)		All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Babies are always welcome. Annual membership in La Leche League International is \$40.
La Leche League (Mountain View)	10 a.m. on the 2nd Monday of the month	Not specified	St. Timothy's Episcopal Church - 2094 Grant Road (at Cuesta). Meeting in Guild Hall.	Hannah: hannahforll@gmail.com or Elizabeth: elizabeth.llmv@gmail.com and 650-215-3731	https://sites.google.com/site/llomv	All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Babies are always welcome. Annual membership in La Leche League International is \$40.
Kaiser Redwood City's Emotional Wellbeing in Pregnancy and Postpartum Support Group	Mondays 12p-1p		Department of Psychiatry, 1400 Veterans Blvd., 4th Flr, Redwood City	650-299-4777		
Alameda Parent Support	Starting January 14th for 6 weeks: Mondays from 10am-12pm	New parents (exact age not specified)	Immanuel Lutheran Church - 1910 Santa Clara Ave., Alameda	Peggy Hinkle: 510-504-9413;	http://www.alamedaparentsupport.org	* 6 week group. \$150 dollars for the 6 week session

Support Groups - Breastfeeding, Multiples, etc...

Support Groups	Day + Time	Ages for group	Address	Phone	Website	Info
Happy Milk Lactation Support	Every Wednesday from 10:30am-12pm	Not specified	Birthways Resource Center, 1600 Shattuck Avenue, Suite 122, North Berkeley		http://www.happymilk.us/lactation-services/support-group/	Plenty of comfy chairs, a kitchen and a baby scale. First groups is free, then it is \$10 per session. Parking can be a challenge, and most parking is restricted to 2 hours. Please arrive early, and see website for parking recommendations.
UCSF Postpartum Support Group for New Moms	Starting Wednesday, January 23 for 4 weeks at 11:30 to 1pm	Newborn to 6 months	UCSF Osher Center, San rancsco. Call for room information.	UCSF Great Expectations Program at: 415-353-2667.		Appropriate for any new mom with a baby 0-6 mo old who is struggling with adjusting to identity in motherhood, baby blues, or postpartum depression/anxiety
Mills Peninsula Health Services	Every Friday from 9:30am-11:30am	Younger babies under 6 months	Mills Health Center, Saidy Conference Room (Gr. Floor), 100 South San Mateo Drive, San Mateo, CA 94401	650.347.MILK(6455)/ Community Ed (650) 696-5400	http://www.healthyhorizononline.com/Support-Groups.html	No registration; \$5 fee (can be waived if any hardships); free valet parking
	Every Friday from 11:30am-1:00pm	older babies over 6 months				
	2nd Friday of Every Month from 1:15pm-2:15pm	All ages				
Gemini Crickets - Parents of Multiples of Silicon Valley	See calendar on website	Under 1	PO Box 10305, San Jose 95157		http://geminicrickets.org/main	Annual dues \$40, August 1 - July 31. Prorated if you join after February 1st.
Mid-Peninsula Parents of Multiples - NEW PARENTS OF MULTIPLES	2nd and 4th Monday of each month, 11am-12:30pm	All expectant parents of multiples AND parents of multiples with children under 12	Sequoia Health & Wellness Center, Tahoe Room, 749 Brewster Ave, Redwood City 94063	(650) 367-5998; newPOM@mppom.org	www.mppom.org	In this casual setting, you'll receive support and advice on topics such as how to prepare for babies arrival, prenatal care, delivery, newborn care, hiring child care, baby equipment and infant feeding and sleeping.
Mid-Peninsula Parents of Multiples - EXPECTING PARENTS OF MULTIPLES	Every 1st Friday of the month, unless noted otherwise; 7:30-8:30pm	All members and potential members who are expecting multiple babies are welcome to attend this informal meeting.	Blossom Birth, 299 S. California Ave., Ste. 120, Palo Alto, CA 94306	expectantPOM@mppom.org	www.mppom.org	In this casual setting, you'll receive support and advice on topics such as how to prepare for babies arrival, prenatal care, delivery, newborn care, hiring child care, baby equipment and infant feeding and sleeping.
Mid-Peninsula Parents of Multiples Buddies Program	No formal meeting	Expectant parent of multiples can be matched with a buddy.	No formal meeting	buddies@mppom.org	www.mppom.org	Each expectant parent of multiples can be matched with a buddy - an experienced parent with older multiples who knows exactly what you're going through because they've been there. It's a great opportunity for expectant POMs to connect with experienced POMs. Buddies can offer wisdom, insights, and a bit a humor to hhelp expectant POMs traverse the new and exciting world of multiples. Buddies offer support through phone chats, email updates and outings.
Twins by the Bay	2nd and 4th Fridays of each month, 10am-noon OR last Tuesday of each month, 5:45-7:30pm	up to pre-crawlers	Bananas, Inc, 5232 Claremont Ave, Oakland 94618	susanbnunes@gmail.com; (510) 698-6229	www.twinsbythebay.org	
San Francisco Parents of Multiples Club	Please see calendar.	Although all Club activities are for members only, those wishing to join SFPOM may attend a New Parents Meeting or a General Meeting prior to joining.		info@sfpom.org, http://www.sfpom.org/main.html	www.sfpom.org	You must be a member to get access to our forums. You will get access automatically once you join the Club, although this process may take up to 2 or 3 weeks if you paid dues by personal check. To join visit https://www.bigtent.com/groups/sfpom or contact memberinfo@sfpom.org \$55 per family per year in addition to a volunteer component.

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Coastside Mothers of Twins Club					http://www.coastsidemothersclub.org/content.aspx?page_id=22&club_id=802644&module_id=30171	
Dr. Helen Marlo and Melissa French, CNM	Monday afternoons from 12:30-1:30	"Mentoring Mothers" Postpartum Adjustment Group (Depression)	Family Birth Center Conference Room—2nd Floor 1501 Trousdale Drive, Burlingame, CA, 94010	650-579-4499	www.emergencementalhealth.com/events	new mothers
Sequoia New Parents Support Group	Wednesdays 9:30-11:30	newborn - 6 months	Sequoia Hospital Health & Wellness Center, 749 Brewster Ave, Redwood City 94063	(650) 367-5998		
Rites Of Passage	Tuesdays 1:30-2:30pm	All ages	Rites of Passage, 62 Hattie St, San Francisco			Donation requested
Welborn Baby	Wednesdays 10am-noon	All ages	2233 Larkin St, #5, San Francisco			Text to (415) 902-6987 before coming. Moderator is also a home birth midwife.
Wisewoman Childbirth	2nd and 4th Friday of each month, 11am-1pm	All ages	1347 Churst St, San Francisco			Bring lunch.
Stanford	no information found					
Dominican Perinatal Mood/Anxiety Support Group	Thursday 10-11am	All ages	Dominican, 1555 Soquel Dr, Santa Cruz 95065	(831) 462-7745; Laurie Stuart, RN (831) 462-7745; Sonya Drott, LCSW (831) 462-7859		
Insufficient Glandular Tissue (IGT) Support	http://diaryofalactationfailure.blogspot.com/2011/12/many-faces-well-not-faces-of-igt.html	http://kellymom.com/bf/got-milk/supply-worries/insufficient-glandular-tissue/	http://www.llli.org/llleadereb/lv/lviss2-3-2009p4.html	http://www.sonic.net/~molvf/igt/		

Lactation Consultants, Breastfeeding Centers, &
Breastfeeding Support (LC's, Educators, LaLeche League,
Nursing Mother's Council)

Lactation Centers and Consultants	Phone	Email	Address	Website	Info
Healthy Horizons Peninsula Breastfeeding Center	(650) 347-MILK (6455)		1432 Burlingame Ave, Burlingame 94010	www.hh-bc.com	
Day One - San Francisco	(415) 440-DAY1 (3291)	sfclasses@dayonecenter.com	Laurel Village, 3490 California, Suite 203, San Francisco 94118	http://dayonecenter.com	
Day One - Palo Alto	(650) 322-DAY1 (3291)	paclasses@dayonecenter.com	Town & Country Village, 855 El Camino Real #127, Palo Alto 94301	http://dayonecenter.com	
Sequoia Lactation Center	(650) 368-2220 to make an appointment with a lactation consultant		Sequoia Hospital Health & Wellness Center, 749 Brewster Ave, Redwood City 94061	http://www.sequoiahospital.org/Medical_Services/The_Lactation_Center/index.htm	Family room is available weekdays 9am-4pm for parents who wish to weigh and feed their babies. Literature and videos available. The breastfeeding store offers breastfeeding supplies for purchase as well as Medela breastpump rentals. Open weekdays 9am-4:30pm.
Natural Resources	(415) 550-2611		1367 Valencia St. (at 25th St.), San Francisco, CA	http://www.naturalresources-sf.com/bfsupport.html	
Maternal Connections: El Camino Hospital Mt. View	(650) 988-8287		Women's Hospital, 2485 Hospital Drive, Ground Floor, Mountain View, CA 94040	http://www.elcaminohospital.org/Womens_Hospital/Pregnancy_Childbirth/Maternity_Stores	Pumps, accessories, milk storage, baby carriers, feeding systems, bras (32A-50J), maternity products, newborn products, and more
Newborn Connections: CPMC	(415) 6000-2229		3698 California St., First Floor, San Francisco, CA 94118	http://www.cpmc.org/services/newbornconnections/store/	Pumps, nursing bras, clothing, parenting books, maternity and baby skin products, new baby needs, support hose and belts, and more
FIND A CONSULTANT - BABI (Bay Area Birth Information)				http://bayareabirthinfo.org/providers	
FIND A CONSULTANT - Blossom Birth				http://blossombirth.org/Community_Providers/breastfeeding.html	
FIND A CONSULTANT - BALA (Bay Area Lactation Association)				http://www.bayarealactation.org/find-a-lactation-consultant.html	
FIND A CONSULTANT - ILCA (International Lactation Consultant Association)				http://www.ilca.org/i4a/pages/index.cfm?pageid=3337	

Breastfeeding Support	Phone	Email	Address	Website	Info
Nursing Mothers Counsel, S.F. Bay Area Chapter	Referral Line: (650) 327-MILK (6455); 9am-9pm	info@nursingmothers.org for general information	P.O. Box 5024, San Mateo, CA 94402	http://www.nursingmothers.org	One-on-one breastfeeding support mainly by phone; home visits; pump rentals. You can also request a breastfeeding counselor by submitting the online form offered on the website.
Nursing Mothers Counsel, Santa Cruz Chapter	Referral Line: (831) 688-3954; 9am-9pm	no email	P.O. Box 66634, Scotts Valley, CA 95067	http://www.nursingmothers.org	One-on-one breastfeeding support mainly by phone; home visits; pump rentals
Sequoia Breastfeeding Advice Calm Line	(650) 367-5597; weekday afternoons	no email	Sequoia Hospital Health & Wellness Center, 749 Brewster Ave, Redwood City 94061	http://www.sequoiahospital.org/Medical_Services/The_Lactation_Center/index.htm	
Nursing in Public Hotline (Best for Babes)	24 hours - 855-NIP-FREE (855-647-3733)		N/A	www.bestforbabes.org/announcing-1-855-nip-free-the-best-for-babes-nursing-in-public-harassment-hotline	

Breastfeeding Supplies

Breastfeeding Supplies	Phone	Hours	Address	Website	Supplies
Healthy Horizon's Peninsula Breastfeeding Center	(650) 347-MILK (6455)	Mon, Tues, Thurs, Fri: 11a - 5p - Weds: 11a - 6p - Sat: 11a - 4p - Sun: 11a - 2p	1432 Burlingame Ave. Burlingame, CA 94010	www.hh-bc.com	Nursing bras (32B to 46K), pumps (rental - variety of Ameda + Medela, and personal - variety of Ameda, Hygeia, + Medela), pump accessories, galactogogues, breast care, nursing clothes, baby carriers, and more
Nursing Mothers Counsel, S.F. Bay Area Chapter	Referral Line: (650) 327-MILK (6455); 9am-9pm	info@nursingmothers.org for general information		http://www.nursingmothers.org	One-on-one breastfeeding support mainly by phone; home visits; pump rentals. You can also request a breastfeeding counselor by submitting the online form offered on the website.
Day One - Palo Alto	(650) 322-DAY1 (3291)	Mon - Fri: 9:30a - 6p - Sat: 10a - 6p - Sun: 11a - 5p	Town & Country Village, 855 El Camino Real, #127 Palo Alto, CA 94301	www.dayonecenters.com	Pumps (rental and personal), pump accessories, galactogogues, bras, baby carriers, strollers, and more
Day One - San Francisco	(415) 440-DAY1 (3291)	Mon - Fri: 9:30a - 6p - Sat: 10a - 6p - Sun: 11a - 5p	Laurel Village, 3490 California St., Suite 203 San Francisco, CA 94118	www.dayonecenters.com	Pumps (rental and personal), pump accessories, galactogogues, bras, baby carriers, strollers, and more
Natural Resources	(415) 550-2611	Mon - Sat: 11a - 6p - Sun: 11a - 5p	1367 Valencia St. (at 25th St.) San Francisco, CA 94110	http://www.naturalresources-sf.com/	Pumps, accessories, breastfeeding supplies, non-toxic products, eco-friendly toys, homeopathic remedies for mom and baby, diaper solutions, and more
Newborn Connections: CPMC	(415) 6000-2229	Mon - Fri: 10a - 4p - Sat: 10a - 2p - Sun: CLOSED	3698 California St., First Floor San Francisco, CA 94118	http://www.cpmc.org/services/newbornconnections/store/	Pumps, nursing bras, clothing, parenting books, maternity and baby skin products, new baby needs, support hose and belts, and more
Maternal Connections: El Camino Hospital Mt. View	(650) 988-8287	Mon - Sat: 10a - 4p - Sun: CLOSED	Women's Hospital, 2485 Hospital Drive, Ground Floor Mountain View, CA 94040	http://www.elcaminhospital.org/Womens_Hospital/Pregnancy_Childbirth/Maternity_Stores	Pumps, accessories, milk storage, baby carriers, feeding systems, bras (32A-50J), maternity products, newborn products, and more
Maternal Network Store: El Camino Hospital Los Gatos	(408) 866-3905	Mon 1 Fri: 10a - 4p - Sat + Sun: CLOSED	Women's Hospital, 815 Pollard Rd. Los Gatos, CA 95032	http://www.elcaminhospital.org/Womens_Hospital/Pregnancy_Childbirth/Maternity_Stores	Pumps, accessories, milk storage, baby carriers, feeding systems, bras, and more
Sequoia Health + Wellness Center - The Lactation Center	(650) 367-5597	Mon - Fri: 9a - 4:30p - Sat + Sun: CLOSED	Sequoia Hospital's Health + Wellness Center 749 Brewster Ave. Redwood City, CA 94063	http://www.sequoiahospital.org/Medical_Services/SDR2_M074252	Pumps (rental and personal) and accessories
Kaiser Permanente - Redwood City	(650) 299-2692	Mon - Fri: 9:30a - 5p - Sat + Sun: CLOSED	Health Education Center (next to the pharmacy) Cypress Building, First Floor 1150 Veterans Blvd. Redwood City, CA 94063	http://www.permanente.net/homepage/kaiser/pages/013636-42682.html	Pumps (rental and personal) and accessories, nursing pillows, some galactogogues
www.babiesrus.com				www.babiesrus.com	
www.buybuybaby.com				www.buybuybaby.com	
www.target.com				www.target.com	
www.amazon.com					

Hospital Grade Pump & Scale Rentals

Pump Rentals	Phone	Hours	Address	Website	Pump Rental Quick Info	Other Info
Nursing Mothers Counsel, S.F. Bay Area Chapter	(650) 327-6455		P.O. Box 5024, San Mateo, CA 94402	http://www.nursingmothers.org/html/pumps.html	One-on-one breastfeeding support mainly by phone; home visits; pump rentals	pumpsales@nursingmothers.org
Healthy Horizon's Peninsula Breastfeeding Center	(650) 347-MILK (6455)	Monday, Tuesday, Thursday, Friday: 11a - 5p; Wednesday: 11a - 6p; Saturday: 11a - 4p; Sunday: 11a - 2p	1432 Burlingame Avenue, Burlingame, CA 94010	www.hh-bc.com	Hospital grade Medela and Ameda pumps, also MedCal - http://www.healthyhorizonsonline.com/BreastpumpRentals.html and http://www.healthyhorizonsonline.com/MedCal_Pump_Program.html	
CLOSED - Day One - Palo Alto	(650) 322-DAY1 (3291)	Monday - Friday: 9:30a - 6p; Saturday: 10a - 6p; Sunday: 11a - 5p	Town & Country Village, 855 El Camino Real #127, Palo Alto, CA 94301	http://dayonecenter.com/breastfeeding/rentals	Hospital grade Medela Symphony	
CLOSED - Day One - San Francisco	(415) 440-DAY1 (3291)	Monday - Friday: 9:30a - 6p; Saturday: 10a - 6p; Sunday: 11a - 5p	Laurel Village, 3490 California Street Suite 203, San Francisco, CA 94118	http://dayonecenter.com/breastfeeding/rentals	Hospital grade Medela Symphony	
Natural Resources	(415) 550-2611	Mon - Sat: 11a - 6p - Sun: 11a - 5p	1367 Valencia St. (at 25th St.), San Francisco, CA	http://www.naturalresources-sf.com/rentals.html	Hospital grade Medela pumps	
Sequoia Health + Wellness Center - The Lactation Center	(650) 367-5597	Mon - Fri: 9a - 4:30p - Sat + Sun: CLOSED	Sequoia Hospital's Health + Wellness Center, 749 Brewster Ave., Redwood City, CA 94063	http://www.sequoiahospital.org/Medical_Services/SDR2_M074252	Symphony pumps and accessories	
Newborn Connections (CPMC)	(415) 600-6243	Monday - Friday: 10a - 4p, Saturday: 10a - 2p, Closed Sunday	California Pacific Medical Center (CPMC), Women & Children's Center (California Campus), 3698 California Street, 1st Floor, San Francisco, CA 94118	http://www.cpmc.org/services/newbornconnections/contact/	Hospital grade Medela Symphony and Lactina	
PAMF Pharmacy	(650) 853-6066		Pharmacy, Level A, 795 El Camino Real, Palo Alto, CA 94306			
Maternal Connections: El Camino Hospital Mt. View	(650) 988-8287	Mon - Sat: 10a - 4p - Sun: CLOSED	Women's Hospital, 2485 Hospital Drive, Ground Floor, Mountain View, CA 94040	http://www.elcaminohospital.org/Womens_Hospital/Pregnancy_Childbirth/Maternity_Stores	Pumps, accessories, milk storage, baby carriers, feeding systems, bras (32A-50J), maternity products, newborn products, and more	
Laurie Schmiesing	(650) 965-9219			laurie.bfhelp@gmail.com	Hospital Grade Medela Classic and Symphony	

Postpartum Resources

<u>Postpartum Resources</u>	<u>Phone</u>	<u>Website</u>
Postpartum Health Alliance of Northern California	888-773-7090 (English only)	
Postpartum Mom's Line	800-773-6667	
Postpartum Mom's Line - Spanish	800-448-3000	
Postpartum Support International		http://www.postpartum.net/
El Camino Hospital: Maternal Outreach Mood Services	(650) 988-7841 or (866) 789-6089	http://www.elcaminohospital.org/Womens_Hospital/Mental_Health_Well-Being/Maternal_Outreach_Mood_Services

Tongue-Tie Doctors & Resources

Tongue-Tie Doctors, ENT, Dentists	Phone	Email	Address	Website	Info
Dr. Peter Koltai	(650) 724-4800		730 Welch Rd, 1st floor, Palo Alto 94304		
Dr. Anna Messner, Respiratory Specialties, ENT	(650) 724-4800	amessner@ohns.stanford.edu	730 Welch Rd, 1st floor, Palo Alto 94304		takes MediCal
Dr. Midori Nishimura, Family Medicine & Lactation	(650) 988-1800	dr@midorimd.com	1704 Miramonte Ave, Suite 3, Mountain View 94040	http://midorimd.com	
Dr. Kali Zivitz, Peninsula Pediatrics	(650) 259-5050 (Burlingame); (650) 342-4145 (San Mateo)		1720 El Camino, Burlingame 94010; 50 S. San Mateo Dr. #180, San Mateo 94401	http://www.penped.com	
Dr. Helena Yip, Mills Peninsula Hospital	(650) 652-8580		1501 Trousdale Dr, 3rd floor, Burlingame 94010	http://www.mills-peninsula.org/dr-helena-yip.html	
Dr. Dan Hartman, Dr. Tom Engel, Dr. Barlett, Dr. Aditi Mandpe	(415) 751-4914		3838 California St, Suite 505, San Francisco 94118		
Dr. Kasra Rastani	(415) 781-7220		490 Post St, San Francisco 94102		
Dr. Romeo Agbayani	(415)461-9770		1000 South Eliseo Dr, Suite 103, Greenbrae 94904		
PAMF Palo Alto					
PAMF Menlo Clinic					
Kaiser Redwood City - Head and Neck Department					
Dr. Anna Meyer	(415) 353-2757		400 Parnassus Ave., Ste A730, San Francisco, CA 94143		
Dr. Garry Crummer	(831) 476-3000		1820 41st Ave., Suite D, Capitola, CA 95010		
Dr. Robert Wesman, Pediatric ENT	(510) 428-3456		Children's Hospital Oakland, 744 52nd St, Suite 4200, Oakland, CA 94609	http://www.robertwesman.com	
Dr. Simms				http://www.ent-oakland.com	
Palo Alto Medical Clinic - Melinda Moir	(650) 853-2952		795 El Camino Real, Palo Alto		
Dr. William McLean - Kaiser San Jose					
Samji Hussein - Camino ENT	(650) 227-6300		6060 Hellyer Ave, #150 San Jose, CA 95138	http://www.caminoent.com/professionals/dr-hussein-samji-camino-ent.html	
Dr. M. Lauren Lalakea	(408) 885-6767		751 South Bascom Avenue, San Jose, CA 95128		Ask for Donna or Tammy re: referral
Dr. Shervin Yazdi (DDS)	(510) 538-2098		20700 Lake Chabot Rd., Ste 205, Castro Valley, CA 94304	www.dryazdi.com	
Dr. Dale Amanda Tylor	(510) 248-1590		2557 Mowry Ave., Suite 30, Fremont, CA 94538		
Dr. Melinda Moir	(650) 853-2952		795 El Camino Real, Palo Alto, CA 94301		
Dr. Brad Hinrichs	(650) 853-2952		795 El Camino Real, Palo Alto, CA 94301		
Dr. Phillip Bartlett	(415) 751-4914		3838 California St., Ste 505, San Francisco, CA 94118		
Dr. Mai Thy Truong (ENT) - Kaiser, Santa Clara	(408) 236-6400		2nd Floor Dept 296, 710 Lawrence Expy, Santa Clara, CA 95051		
Dr. Kristina W. Rosbe, MD, FAAP, FACS and Dr. Anna K. Meyer, MD, FAAP	415-353-2757		UCSF Benioff Children's Hospital - Pediatric Otolaryngology 2330 Post St., 3rd Flr, SF, CA 94115	http://pedsohns.ucsf.edu/pediatric_issues/tongue_tie/	UCSF Pediatric Otolaryngology, 1300 S. Eliseo Dr., Ste. 204, Greenbrae, CA 94904

Tongue-Tie Resources	Info
http://www.kiddsteeth.com/articles.html	Dr. Lawrence Kotlow DDS- pediatric dentist
http://www.kiddsteeth.com/dental_topics.html#lingual_and_maxillary_ties	Dr. Kotlow - post revision care
http://www.youtube.com/watch?v=5opSbXvL7yQ&feature=email&mid=540	Dr. Kotlow shows how to examine for a tongue tie
http://kiddsteeth.com/nursingbookmayc2011.pdf	Dr. Kotlow's PowerPoint presentation
http://www.mybreastfeeding.com/tongue-tie-links.htm	
http://www.cwgenna.com/quickhelp.html	Catherine Watson Genna, IBCLC
http://www.lowmilksupply.org/tonguetie.shtml	
http://www.lowmilksupply.org/frenotomy.shtml#CA	
http://www.mobimotherhood.org/MM/default.aspx	Mothers overcoming breastfeeding issues
http://www.facebook.com/groups/tonguetiebabies/	has stretching info in files section
http://www.tonguetie.net	
http://www.brianpalmerdds.com/bfeed_frenulums.htm	Dr. Brian Palmer, DDS
http://www.youtube.com/watch?v=Zin0LTkeiIs	Ameda - not USLCA endorsed
	Hazebaker
http://www.entnet.org/HealthInformation/Ankyloglossia.cfm	Fact sheet from American Academy of Otolaryngology - Head and Neck Surgery
http://www.laserdentistry.org/	Dentists who use laser (preferred method of frenotomy)

Craniosacral Therapy (CST), Osteopathic Doctors (DO), Chiropractic, & Other Therapies

Craniosacral Therapists (CST) & Chiropractors	phone	email	address	website	info
Destia Skinner, CST	(650) 323-7345		Cypress Naturopathic Medicine, 359 Middlefield Rd, Palo Alto 94301	http://www.cnmhealth.com/about-us/	
Holly Edson, RN, CST-T	(415) 509-5493	info@scranio.com	Mailing address: 1388 Haight St #107, San Francisco 94117	http://www.scranio.com	FREE Infant clinics alternating between San Francisco and Oakland on the second Sunday of the month; call or text for information
Kathleen Harper, CMT	(650) 222-6538	kathleen@touchbluesky.com	Touch Blue Sky, 161 West 25th Avenue, #101, San Mateo 94403	http://www.touchbluesky.com/	Rates listed on website
Hennie Sholars, DO	(415) 401-1630		Osteopathic Physician, 29 29th Street, San Francisco, CA 94110	http://www.henniesholars.com/	will bill insurance, takes Visa/MC and personal checks, Office Hours: Monday – Thursday 9:00AM – 4:30PM
Susan Hall, CST	(650) 323-6518	hall.health@gmail.com	Susan Hall Cranialsacral Therapy, 859 El Camino Real, Menlo Park, CA 94025	http://www.iahp.com/craniohealth/	M - F 9a-5:30p
Laura Woodrow, DO	(650) 681-4422		4161 El Camino Way, Suite B, Palo Alto, CA 94306	http://www.dr.laurawoodrow.com/cgi-bin/index.php	Tuesday, Wednesday, Thursday 8am - 5pm
Mark Rosen, DO	650-529-0304		4370 Alpine Road, Suite 205 Portola Valley, California 94028	http://www.osteodoc.com/birthtrauma.htm	
Leopi Sanderson-Edmunds, CPM, LM, IBCLC, Ortho-bionomy	(510) 717-5060	info@sanctuaryleopi.com	Vallejo	http://www.sanctuaryleopi.com/index.html	
Dr. Kenda Burke, Dr. Arlene Lamson - chiropractors	510 251-1707	awakenoakland@gmail.com	Awaken Chiropractic, 3515 Grand Avenue, Oakland, CA 94610	www.awakenoakland.com	
Dr. Eileen Karpfingher, Dr. Aaron Rosselle - chiropractors	510.444.4443	integrativechiropractic@yahoo.com	iCOR (Integrative Chiropractic & Orthopedic Rehabilitation) 4341 Piedmont Avenue, Oakland, CA 94611	http://www.eastbaychiro.com/	Monday 4:00pm -7:00pm, Tuesday 9:00am - 12:00pm, Wednesday 4:00pm -7:00pm, Thursday 9:00am - 12:00pm, Friday 9:00am - 12:00pm
Nancy Burke, CST	(510) 236-1007	nburke@nancyburkecst.com	The Labyrinth Center, 237 25th Street, Richmond, CA 94804	http://www.nancyburkecst.com/index.html	Tue - Fri 9:30am to 7:00pm
Sara Sunstein, MA - ortho-bionomy	510-526-5414	info@sarasunstein.com	Berkeley, CA 94705	http://www.sarasunstein.com/index.html	
Dr. Jolene Brighten, Homeopathic Physician	510-985-4044 or 510-255-6078	drbrighten@jbrighten.com	3515 Grand Ave., Oakland, CA 94610	http://jbrighten.com/	
Gina Marie Buonpane, CMT, CBP	510-551-6300	info@bamboohealingarts.com	Bamboo Healing Arts, 495 Elwood Ave., Suite 1, Oakland, CA 94610	www.bamboohealingarts.com	

Plugged Duct Treatment

<u>Plugged Duct Treatment</u>	<u>Phone</u>	<u>Address</u>	<u>Website</u>	<u>info</u>
Eric Isero, DO	(650) 692-2273	Alliance Chiropractic, 199 California Dr., Suite 100, Millbrae, CA 94030	www.alliancechiropractic.com	
Dr. Agi Ban	(510) 845-4540	Ashby Chiropractic Clinic, Berkeley, CA		
Kimberly Gladfelter, RP - PhysioFit	(650) 947-8500	Physiofit Physical Therapy, 1000 Fremont Ave., Ste 108, Los Altos, CA 94024	www.physiofitpt.com	insurance is more likely to cover it with a prescription
Joan Meservey	(650) 965-1185	Star Clinic, Mountain View, CA	CLOSED	:(
Carol Lobitz-Stearns	(650) 964-5523	OrthoSport, 700 E. El Camino Real, Suite 130, Mountain View, CA 94040	http://www.orthosport.net/	

Compounding Pharmacies

updated 4/11/14 by Sheridan Ross, IBCLC

Compounding Pharmacies	Phone	Address	Website	Info
Leiter's	(408) 292-6772	1700 Park Ave, Suite 30, San Jose 95126	http://www.leiterrx.com	
Silicon Valley Pharmacy	(408) 378-5381	14107 Winchester Blvd, Los Gatos	http://www.siliconvalleyrx.com/home.html	
Scriptworks	(925) 934-4400	480 North Wiget Lane, Walnut Creek 94598	http://www.scriptworksrx.com/	
Davis Compounding Solutions	(530) 756-1255	1205 Drake Dr, Davis 95616	none	
Lauden Pharmacy	(831) 462-9880	1840 41st Ave, Capitola 95010	http://www.laudenpharmacy.com/	
Pharmaca - Menlo Park	(650) 618-6300	871 Santa Cruz Ave, Menlo Park 94025	http://www.pharmaca.com/stores.aspx	
Pharmaca - Berkeley	(510) 527-8929	1744 Solano Ave, Berkeley 94707	http://www.pharmaca.com/stores.aspx	
Pharmaca - Los Gatos	(408) 395-1231	54 N. Santa Cruz Ave, Los Gatos 95030	http://www.pharmaca.com/stores.aspx	
Pharmaca - Mill Valley	(415) 388-7822	230 E. Blithedale, Mill Valley 94941	http://www.pharmaca.com/stores.aspx	
Pharmaca - Napa	(707) 253-0970	4020 Bel Aire Plaza, Napa 94558	http://www.pharmaca.com/stores.aspx	
Pharmaca - Novato	(415) 892-3700	7514 Redwood Blvd, Novato 94945	http://www.pharmaca.com/stores.aspx	
Pharmaca - Oakland Rockridge	(510) 740-1468	5729 College Ave, Oakland 94618	http://www.pharmaca.com/stores.aspx	
Pharmaca - San Francisco, Cole Valley	(415) 661-1216	925 Cole St, San Francisco 94117	http://www.pharmaca.com/stores.aspx	
Pharmaca - Sonoma	(707) 938-1147	303 W. Napa St, Sonoma 95476	http://www.pharmaca.com/stores.aspx	
Abbott's	(510) 548-8777	2320 Woolsey St (@ Telegraph), Berkeley	http://www.pharmaca.com/stores.aspx	
Mariner Advanced Pharmacy & Compounding	(650) 312-1342	1289 E Hillsdale Blvd #6, Foster City, CA 94404	www.marinerpharmacy.com	
Koshland Pharmacy	(415) 344-0600	301 Folsom St., Suite B, San Francisco, CA 94105	www.koshlandpharm.com	b/w Beale St. & Zeno Pl in SoMa
Seventeen Fifty Center Pharmacy	(650) 692-1686	1750 El Camino Real, Burlingame, CA 94010		
Preuss Pharmacy	(650) 321-8045	800 Santa Cruz Ave., Menlo Park, CA 94025		
Aborn Compounding Pharmacy	(408) 238-3868	2060 Aborn Rd, Suite 150- B, San Jose, CA 95121		
Anchor Drugs Pharmacy	(650) 360-5300	161 S. Spruce Ave., SSF, CA 94080	www.anchorpharmacy.com	
Los Altos Pharmacy (now Safeway Compounding Pharmacy)	(650) 948-1212	255 2nd St, Los Altos 94022	www.safeway.com/pharmacy	
Leiter's Pharmacy	(408) 292-6772	1700 Park Ave., San Jose, CA 95126		
Santa Clara Drug	(408) 296-5015	2453 Forest Ave., San Jose, CA 95128		
Sunnyvale Clinic Pharmacy	(405) 736-1443	594 Carroll St., Sunnyvale, CA 94086		
Online			http://www.inhousepharmacy.biz	
Online			http://www.findings.net/sucompoundingCA.html#CCA	

Breastfeeding Laws & More

<u>Website</u>	<u>Info</u>
http://www.hrsa.gov/womensguidelines/	US Dept. of Health and Human Svcs; Health Resources and Services Administration
http://www2.aap.org/breastfeeding/files/pdf/InfantNutritionDisaster.pdf	Infant Nutrition during a Disaster
http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/CaliforniaLawsRelatedtoBreastfeeding.aspx#heading	California Dept of Public Health - CA BF Laws

Mother's Clubs

Mothers Clubs	Website
FIND A MOTHERS CLUB	http://www.bayareakidfun.com/pages/mothersclubs.html
Burlingame Mothers Club	https://www.bigtent.com/groups/bmc
San Bruno Mothers Club	http://sanbrunomothersclub.com/
San Mateo Mothers Club	http://sanmateomothersclub.org/index.php
MOMS Club of Santa Clara	https://www.bigtent.com/groups/scmoms
Pleasant Hill/Walnut Creek Mothers Club	http://www.phwcmothersclub.org/
East Bay Moms	http://eastbaymoms.com/
Southern Marin Mothers Club	http://www.southernmarinmoms.com/
MOPS (Mothers of Preschoolers) Bridges Community Church, Los Altos	http://www.mops.org/
MOMS Club of Campbell	http://www.momsclubofcampbell.org/
Santa Rosa Mothers Club	http://www.santarosamothersclub.org/
Mid-Peninsula Parents of Multiples	http://www.mppom.org/
Golden Gate Mothers Group	http://www.ggmog.org/
MOMS Club of San Francisco	http://www.momsclubofsanfrancisco.org/
Coastside Mothers of Twins Club	http://www.coastsidemothersclub.org/content.aspx?page_id=22&club_id=802644&module_id=30171
Coastside Mothers Club	http://www.coastsidemothersclub.org/content.aspx?page_id=0&club_id=802644
Foster City Mothers Club	http://www.fostercitymothersclub.org/
Pacifica Mothers Club	http://www.pacificamothersclub.com/
The Parents' Club of Palo Alto Menlo Park	http://pampclub.org/site/
Redwood City Mothers Club	http://www.rwcmc.org
San Carlos/Belmont Mothers Club	http://www.scbmc.org/
South San Francisco Mothers Club	http://www.ssfmothersclub.org/
Gemini Crickets Parents of Multiples of Silicon Valley	http://gemicrickets.org/main/
Holistic Moms Network	http://www.holisticmoms.org/
Las Madres	http://lasmadres.clubexpress.com/content.aspx?page_id=0&club_id=177487
Las Madres of Morgan Hill Playgroups	http://lasmadresmorganhill.org/
Milpitas Moms and Tots	http://momsandtots.gomilpitas.com/

MOMS Club of Los Gatos/Almaden	http://losgatosalmadenmoms.org/
MOMS Club of San Jose-Santana Row	http://momsclubofsisr.org/
MOMS Club of Blossom Hill-Santa Teresa	http://www.bayareamoms.org/
MOMS Club of Sunnyvale	https://www.bigtent.com/groups/momsv
Santa Clara County Mothers of Twins Club	https://www.bigtent.com/groups/sccmotc
Totally Tots Silicon Valley	https://www.bigtent.com/groups/totallytots
FUN (Fremont, Union City, Newark) Mother's Club	http://www.funmothersclub.org/
National Organization of Mothers of Twins Clubs, Inc.	http://www.nomotc.org/
The Triplet Connection	http://www.tripletconnection.org/

Doulas - Labor & Postpartum

<u>Labor Doulas</u>	<u>phone</u>	<u>email</u>	<u>website</u>
DONA International Labor	(888) 788-DONA (3662)		http://www.dona.org/search/results.php?region=USA++CA&doulas=birth&x=10&y=5
CAPPA		info@cappa.net	http://www.icappa.net/search/custom.asp?id=438
Blossom Birth	650-321-2326	blossom@blossombirth.org	http://blossombirth.org/Community_Providers/birthdoula.html
BABI	(408) 874-6686	info@bayareabirth.org	http://bayareabirthinfo.org/providers
<u>Postpartum Doulas</u>	<u>phone</u>	<u>email</u>	<u>website</u>
DONA International Postpartum	(888) 788-DONA (3662)		http://www.dona.org/search/results.php?region=USA++CA&doulas=postpartum&x=17&y=6
CAPPA		info@cappa.net	http://www.icappa.net/search/custom.asp?id=438
Blossom Birth	650-321-2326	blossom@blossombirth.org	http://blossombirth.org/Community_Providers/ppdoula.html
BABI	(408) 874-6686	info@bayareabirth.org	http://bayareabirthinfo.org/providers