



2026 Nevada Breastfeeding Coalition Lactation Resource Guide

www.nvbreastfeeding.org Sponsored by: Southern Nevada Health District

Northern Nevada

RENO, SPARKS, CARSON CITY

Lactation Consultants

Donna Myers Hook, CLC, CLE, CPD

Holistic Lactation and Postpartum Care
(775) 379-5343 www.lactationdanna.com
lactationdanna@gmail.com

***Courtney Noonan, RN, IBCLC**

Sierra Nevada Lactation
(775) 402-2791 www.sierranevadalactation.com
courtneynoonan@sierranevadalactation.com

Angel Sharp, IBCLC, CD

Living Streams Lactation
(530) 207-0494 livingstreamslactation.com
angel@livingstreamslactation.com

Lactation Services

***Nourish Nevada Lactation and Feeding Services**

Nourish Nevada serves all of Reno, Sparks, and Carson City, Nevada and outlying areas in person or through video call.
(775)-453-4628 www.nourishnevada.com

Pediatric Associates

Breastfeeding and Lactation Medicine.
(775) 329-2525 www.pediatricsreno.com

***TCL Family Wellness**

Integrative Healthcare for the whole family: Family Nurse Practitioner & Homebirth Midwife.
(775)-453-4628 www.tlcfamilywellness.com

The Kidz Shops at Renown

Pump Rental and Lactation Consultations
(775) 982-5210 <https://www.renown.org/Health-Services/Womens-Health/The-Lactation-Connection>

Breastfeeding & Postpartum Support

Carson Tahoe Hospital

Breastfeeding Support Group.
(775) 445-5103
<https://www.carsontahoe.com/breastfeeding-support.html>

The breastfeeding warm-line phone number is:
775-445-7249

Community Health Alliance, CHA

Breastfeeding Support Group and Counseling
(775) 870-4343 <https://www.chanevada.org/>

Milk Makers Circle

Community Support Group.
(775) 825-0800
<https://www.hisawyer.com/marketplace/activity-set/420050>

Northern Nevada Sierra Medical Center

Postnatal Breastfeeding Support.
(775) 799-7320
<https://northernnevadahealth.com/postpartum-care-for-new-moms/>

Pediatric Associates

Zoom Virtual Breastfeeding Circle hosted by Robin Hollen, APRN/FNP, IBCLC
Thursdays 12pm - 1pm
Zoom link: [https://cincinnatistate-edu.zoom.us/j/82215530933?](https://cincinnatistate-edu.zoom.us/j/82215530933?pwd=eWRGMkwIODB5U3NMbWttYUxGN3IRZz09)
[pwd=eWRGMkwIODB5U3NMbWttYUxGN3IRZz09](https://cincinnatistate-edu.zoom.us/j/82215530933?pwd=eWRGMkwIODB5U3NMbWttYUxGN3IRZz09)
Passcode- 772626 ID- 822 1553 093

NNBC BIPOC Mother's Support Circle Mocha Mamas

Breastfeeding Support and Peer Education
Every 2nd Thursday @ Biggest Little Baby.
Visit the Facebook page for more information.
<https://www.facebook.com/nvmochamamas>

Women, Infants, & Children (WIC)

Nevada ITCN WIC ITCN (Inter-Tribal Council of Nevada)

Serving Reno/Sparks/Carson and outlying rural communities.
ITCN Phone: (775) 398-4960 <https://itcnwic.org/>

Nevada WIC

(775) 684-5942 www.nevadawic.org

**Takes some insurances*



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Western Nevada & Western Rural Areas

Breastfeeding Services & Support

Banner Churchill Hospital

Prenatal Breastfeeding Classes

(775) 867-7401 (education) or

(775) 867-7718 (1:1 support)

<https://www.bannerhealth.com/services/maternity/programs-care/lactation-support#>

Barton Memorial Hospital Family Birthing Center

Breastfeeding Support and Lactation Education

(530) 543-5547 <https://www.bartonhealth.org/health-services/pregnancy-birth/breastfeeding-support/>

<https://www.bartonhealth.org/health-services/pregnancy-birth/breastfeeding-support/>

Minden Medical Center:

Breastfeeding Support Group

Check the [calendar](#) for days and times.

(775) 445-5122

<https://tockify.com/carson.tahoe.health/detail/291/1690563600000>

***My Bump to Bundle**

Antonia Roots, CLC

Private practice located in Yerington offering breastfeeding education and counseling.

(775) 400-1077

<https://www.alignable.com/yerington-nv/my-bump-to-bundle-breastfeeding-fitness-essential-oil-blends>

Tahoe Forest Hospital: Mama's Meet Up Infant Feeding Support Group

Breastfeeding Support Group every Friday 10am - 12pm

(530) 582-3247

**Takes some insurances*

Northern Nevada

Eastern Nevada

Lactation Consultants

***Suzette Benecke**

Expression of Love

Serving Fallon, Nevada and Outlying Areas, Virtual

(775) 235-2622 <https://www.expressionoflove.biz/>

Breastfeeding Services

& Support

Northeastern Nevada Regional Hospital

Prenatal Breastfeeding Classes, Supplies

(775) 748-2060 alyssafedel@gmail.com

<https://www.nnrhospital.com/mother-and-baby>

Humboldt General Hospital (Winnemucca)

Lactation Education

Beckly Egbert (775) 455-5138

<https://www.hghospital.org/services/maternity-care/childbirth-education/>

Women, Infants, & Children (WIC)

Elko WIC @ Family Resource Center

(775) 753-7352 <https://elkofamilyresourcecenter.org/>

<https://www.wicprograms.org/li/elko-family-resource-center-of-northeastern-nevada>

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Online Resources

National Breastfeeding Hotline

800-994-9662

Nevada Breastfeeds

<https://nevadabreastfeeds.org/>

La Leche League Nevada

<https://www.lalecheleaguenv.org/>

La Leche League

Reno/Sparks - <https://llnorcal.org/reno-sparks/>

Nevada Tobacco Quitline

The Nevada Tobacco Quitline offers free services for women who want to quit tobacco when they are pregnant. When you enroll in the Quitline, you will work with the same Coach for all your appointments. After each call, you will receive a gift card in the mail to help with pregnancy and postpartum expenses. If your doctor approves, you may be eligible for free nicotine patches, gum, or lozenges.

Call 1-800-QUIT-NOW (1-800-784-8669)

Text QUITNOW to 333888

Visit www.gethealthyclarkcounty.org

Healthcare providers can request free materials

www.gethealthyclarkcounty.org/live-tobacco-free/health-care-providers/

Smoke-Free Housing Directory

Living in smoke-free environments is crucial to protecting the health of yourself and your family. The Southern Nevada Health District offers a FREE smoke-free housing directory featuring over 50,000 smoke-free apartments in Southern Nevada.

To find smoke-free housing options in our community, visit

www.gethealthyclarkcounty.org/live-tobacco-free/smoke-free-housing/

Questions? Contact the SNHD Tobacco Control Program at TobaccoProgram@snhd.org or 702-759-1270.

National Telephone Helplines

Nevada "211" - Helping Nevadans connect with services

Women's Health Resource Line (*English and Spanish*) (800)994-9662 WomensHealth.gov

Infant Risk Center Up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding
(806) 352-2519 www.infantrisk.com

Work-Life Law Free legal information for Mothers.
(415) 703-8276 worklifelaw.org

The InfantRisk Center helps parents, lactation consultants, and doctors evaluate the safety risks to infants from medication exposure in pregnancy and breastfeeding. The InfantRisk Center answers questions through forums and call centers. They also have an app called MommyMeds. MommyMeds is the premier health & safety app for all pregnant and breastfeeding parents. Ensure safe breastfeeding and care of your baby while using prescription and over-the-counter medication.

Phone number: 1 (806) 352-2519 8:00AM - 3:00PM CST, Monday- Friday

Website: <https://www.infantrisk.com/infantrisk-center-resources>