



# 2026 Nevada Breastfeeding Coalition Lactation Resource Guide

[www.nvbreastfeeding.org](http://www.nvbreastfeeding.org)

## Northern Nevada

RENO, SPARKS, CARSON CITY

### Lactation Consultants

#### **Danna Myers Hook, CLC, CLE, CPD**

Holistic Lactation and Postpartum Care  
(775) 379-5343 [www.lactationdanna.com](http://www.lactationdanna.com)  
lactationdanna@gmail.com

#### **\*Courtney Noonan, RN, IBCLC**

Sierra Nevada Lactation  
(775) 402-2791 [www.sierranevadalactation.com](http://www.sierranevadalactation.com)  
[courtneynoonan@sierranevadalactation.com](mailto:courtneynoonan@sierranevadalactation.com)

#### **Angel Sharp, IBCLC, CD**

Living Streams Lactation  
(530) 207-0494 [livingstreamslactation.com](http://livingstreamslactation.com)  
[angel@livingstreamslactation.com](mailto: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](http://www.nourishnevada.com)

#### **Pediatric Associates**

Breastfeeding and Lactation Medicine.  
(775) 329-2525 [www.pediatricsreno.com](http://www.pediatricsreno.com)

#### **\*TCL Family Wellness**

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

### 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=eWRGMkwI0DB5U3NMbWttYUxGN3IRZz09)  
[pwd=eWRGMkwI0DB5U3NMbWttYUxGN3IRZz09](https://cincinnatistate-edu.zoom.us/j/82215530933?pwd=eWRGMkwI0DB5U3NMbWttYUxGN3IRZz09)  
Passcode- 772626 ID- 822 1553 093

#### **NNBC BIPOC Mother's Support Circle Mocha Mamas**

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

#### **Renown**

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

### 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](http://www.nevadawic.org)



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## Northern Nevada

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/>

#### **Minden Medical Center:**

#### **Breastfeeding Support Group**

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

(775) 445-5122

#### **\*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**

We recommend to check with each lactation consultant about the insurance options and process. Some may be found on their website.

## 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](mailto: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/>

### 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](http://www.gethealthyclarkcounty.org)

#### **Healthcare providers can request free materials**

[www.gethealthyclarkcounty.org/live-tobacco-free/health-care-providers/](http://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/](http://www.gethealthyclarkcounty.org/live-tobacco-free/smoke-free-housing/)

Questions? Contact the SNHD Tobacco Control Program at [TobaccoProgram@snhd.org](mailto:TobaccoProgram@snhd.org) or 702-759-1270.

#### **La Leche League Nevada**

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

#### **La Leche League**

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

### National Telephone Helplines

**Nevada "211"** - Helping Nevadans connect with services

**Women's Health Resource Line** (*English and Spanish*) (800)994-9662 [WomensHealth.gov](http://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](http://www.infantrisk.com)

**Work-Life Law** Free legal information for Mothers.  
(415) 703-8276 [worklifelaw.org](http://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>