Nevada Breastfeeding Coalition

2026 Nevada Breastfeeding Coalition Lactation Resource Guide

www.nvbreastfeeding.org

Northern Nevada

RENO, SPARKS, CARSON CITY

Lactation Consultants /Counselors

Danna 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

Breastfeeding & Postpartum Support

Northern Nevada Milk Lounge
Free Lactation Support Group For Everyone
Northern Nevada HOPES
580 W 5th St., Reno NV, 89503
Community Room A, 3rd Floor
Mondays | 11:30am - 12:30pm
*For questions or to join call, 775-997-7583

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

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/

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

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/

Community Health Alliance, CHA
Breastfeeding Support Group and Counseling
(775) 870-4343 https://www.chanevada.org/

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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/

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
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://lllnorcal.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 50,000smoke-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