



Tulare County Breastfeeding Coalition: Community Resource Directory

Congratulations!

We are here to answer your breastfeeding questions!

Hospital Breastfeeding Support:

Sierra View Medical Center
(Porterville)/Breastfeeding
Resource Center

(559) 791-3701

Text: (559) 791-8547

Services Offered:

- Helpline*
- Support Group*
- Outpatient Services by appointment only*
- Drop-in Services*
- Breastfeeding Class*

Adventist Health Tulare

(559) 685-3491

Services Offered:

- Helpline*
- Support Group*
- Outpatient Services*
- Shared Childbirth/
Breastfeeding Class

Kaweah Delta (Visalia)

(559) 624-6012

Services Offered:

- Breastfeeding Supplies
- Balance after Birth-
Breastfeeding &
Postpartum Support*
- Shared Childbirth Class
- Breastfeeding Classes*
- Helpline*: (559) 624-2163

**Free services*

International Board Certified Lactation Consultants (Private Practice):

Coleen Salazar, BA,
IBCLC, LCCE

Experience Birth &
Beyond

(559) 697-5721

Gloria Pierson, RN,
IBCLC

Hapy Bear Lactation
Services

(559) 967-4225

Noreen Siebenaler, RN,
MSN, IBCLC

(559) 623-3431

Cathy Porter, BA,
IBCLC

(559)904-7222



Community Organizations:

Tulare County WIC

Breastfeeding Helpline:

(800)360-8840

Mon-Thurs: 7:30-5:30 pm;

Fri: 8-12 pm

La Leche League

Tulare/Visalia:

(559)656-3474 Liz Krey

Health Clinics:

Altura Centers for Health:

Michelle De Leon, IBCLC:

(559) 686-9097 Ext 4703

Individual Support

Group Support/Classes

Family Health Care

Network:

Sylvia Garrett, CLE:

(559) 741-4320

Breastfeeding Classes

Online Resources:

KellyMom Parenting & Breastfeeding

www.kellymom.com

Working and Breastfeeding

www.workandpump.com

Human Milk Donations

www.mothersmilk.org

Medications & Breastfeeding

www.infantrisk.com

Mother to Baby

<http://www.mothertobaby.org/>

La Leche League International

www.llli.org

Office on Women's Health

www.womenshealth.gov

Apps:



Breastfeeding Solutions
Nancy Mohrbacher



Mommy Meds