










## Community Resources




Community Memorial Hospital (CMH)     
New Parent Resource Center Breastfeeding Support  
(805) 658-2229  
[www.cmshshealth.org/mch](http://www.cmshshealth.org/mch) (no fee if delivered @ CMH)





Butterfly Center    
(818) 599-8420  
[www.butterflycenter.org](http://www.butterflycenter.org)

La Leche League (LLL)    
Contact: Natalie (805) 427-4724/  
[lalechecamarillo@gmail.com](mailto:lalechecamarillo@gmail.com) OR Karen: (805) 469-3812/  
[k\\_glenn@hotmail.com](mailto:k_glenn@hotmail.com)  
<http://www.lllscnv.org/group-locator/>




Naval Base Ventura County     
New Parent Home Visitation Program  
(805) 989-8835

Secure Beginnings at the Nan Tolbert     
Nurturing Center & Ojai Breastfeeding Helpline  
(805) 646-7559 (24/7 Help Line)  
[www.securebeginnings.org](http://www.securebeginnings.org)

Ventura County Public Health Nursing     
Community Health Nursing  
(805) 981-5115  
<http://www.vchca.org/public-health-nursing>

Women Infants Children Nutrition Program (WIC)   
    
(805) 981-5251 or 1-(800) 781-4449 Ext. 3  
<http://www.vchca.org/women-infants-and-children-wic>

## Legend

 Bilingual  In-Home or video apt.  
 Phone Support  \$ Fee Based  
 Support Group  Classes

### Who We Are

The Coalition is a non profit 501c3 corporation, comprised of health care providers, community leaders, policymakers, and parents, as well as public and private organizations with the common goal of promoting and supporting breastfeeding as the cultural norm in Ventura County.

### Vision

Supporting Every Family to Breastfeed!!

### Mission

To promote breastfeeding in the community by providing resources and education to families, health care professionals, employers, and policy makers.

### California Civil Code 43.3

**"A mother may breastfeed her child in any location, public or private, where the mother and child are authorized to be present."**

Contact us at [www.breastfeedventura.org](http://www.breastfeedventura.org) and follow us on Facebook, Instagram and Twitter @breastfeedvc

## WARM LINES:

**English: 805-665-3604**

**Spanish/Español:  
805-973-7015**

**Mixteco: 805-751-9610**

# The 2023-2024 Breastfeeding Resource Guide



A directory of breastfeeding  
resources in Ventura County



**BREASTFEEDING**  
Coalition of Ventura County

## Private Resources

available to the general public, fee- based.




Diane Berger, RN, PHN   \$  
(805) 654-1463 or (805) 368-2297




[www.venturabreastfeeding.net](http://www.venturabreastfeeding.net)




Alice Clark, IBCLC, RLC  \$  
(818) 932-9906  
[alice@milkywaylactation.com](mailto:alice@milkywaylactation.com)  
<http://www.milkywaylactation.com>


Coo, Babble & Breastfeed  \$  
Nahal Papehn M.S. CCC-SLP, Certified Breastfeeding Specialist (CBS)  
[coobabbleandtalk@gmail.com](mailto:coobabbleandtalk@gmail.com)



Jessica McKee, RN, IBCLC  \$   
(805) 390-0911  
<https://lactationlink.com/consultant/jessicamckee/>

Janice Roodsari, RN, IBCLC   \$   
Postpartum Doula TheSeedsOfSupport.com  
[janice@theseedsofsupport.com](mailto:janice@theseedsofsupport.com)

Paula Loehr-Coleman, RN, BSN, CLC   \$   
(805) 857-2561  
[bq.paulacoleman@gmail.com](mailto:bq.paulacoleman@gmail.com)

Lori Manduke, RN, NP, IBCLC   \$   
(818) 822 -1919  
[lorimanduke@gmail.com](mailto:lorimanduke@gmail.com)

Cindy Maynard, CLC, Doula (Dona)  \$  
(805) 312-3245  
[Cindy@MaynardMail.com](mailto:Cindy@MaynardMail.com)


Samar Mroue, RN, BSN, IBCLC  \$   
(805)390-3943  
[loveandlatch.com](http://loveandlatch.com)



Aurelia Mullen Spadini, RN, BSN, PHN, MSN, IBCLC

  \$  
(650) 255-5808  
[aurelia.spadini@gmail.com](mailto:aurelia.spadini@gmail.com)

Cindy Shelton, RN, IBCLC  \$  
(805) 501-9397  
[cynthiasheltonrn@gmail.com](mailto:cynthiasheltonrn@gmail.com)

Darcy Wronkiewicz, IBCLC, CD (DONA), CLEC /DAYLILY

  \$    
1-805-724-2229  
Accepts most PPO insurance

Bethany Womack   \$  
(805) 203-0450  
[www.sulalactation.com](http://www.sulalactation.com)

## Hospital Resources

### Community Memorial Hospital (CMH)



#### New Parent Resource Center

A "Baby Friendly" Designated Hospital  
(805) 658-2229/ [www.cmhshealth.org/mch](http://www.cmhshealth.org/mch)

### Los Robles Hospital and Medical Center



(805) 370-4465/ [www.losrobleshospital.com](http://www.losrobleshospital.com)

### Santa Paula Hospital (affiliated w/ VCMC)




   A "Baby Friendly" Designated Hospital  
(805) 933-8620

### Simi Valley Hospital



A "Baby Friendly" Designated Hospital  
(805) 933-8620

### Ventura County Medical Center (VCMC)

   A "Baby Friendly" Designated Hospital  
(805) 652-6090

## St. John's Regional Medical Center/Dignity

Health    

(805) 988-2796

<https://www.dignityhealth.org/central-coast/locations/stjohnsregional>

gional

## Breast Pump Resources & Rentals

### CMH New Parent Resource Center:

Ventura (805) 658-2229.  
Breast pump sales & rentals.

### Paula Coleman, RN, BSN, CLC - Tender Years

Camarillo: (805) 857-2561.  
Breast pump sales & rentals + In Home Support.

### Hygeia - "Moms Get More" Program

(888) 786-7466

[www.hygeiahealth.com](http://www.hygeiahealth.com) or [momsgetmore.com](http://momsgetmore.com).

Breast pumps covered by MediCal, Gold Coast Health Insurance and Private Insurances. Ships to home.

### Simply MaMa:

(805) 541-1462. [www.simplymamabreastpumps.com](http://www.simplymamabreastpumps.com).

Breast pumps for local TriCare, Medi-Cal & Gold Coast Covered Insurance Plans. Will bill your insurance and ship a pump to your home quickly.

### Women Infants & Children (WIC) Program:

Sites throughout Ventura County (805) 981-5251.

Free breast pump loans available to WIC Program participants.

DISCLOSURE: BCVC provides this directory as a resource to the public. While the information contained within the directory is periodically updated, no guarantee is given that the information provided in the Resource Directory is correct, complete, and up-to-date. Your connection to and use of any services listed here is at your own risk.