



# BREASTFEEDING

Coalition of Ventura County

## 2019/2020 RESOURCE DIRECTORY

### Hospital Resources

#### **Community Memorial Hospital (CMH) "A Baby Friendly" Designated Hospital New Parent Resource Center**

Contact: Sheila Dedrick, RN, MSN, IBCLC, ICPE  
Address: 2809 East Main Street, Ventura  
Phone: (805) 658-2229  
Web: [www.cmhshealth.org/mch](http://www.cmhshealth.org/mch)  
Services: In-patient/outpatient consultations (free to those who delivered at CMH, \$50 fee if delivered elsewhere), support groups, phone support, prenatal classes, pump sales, rentals, and breast-related product sales.  
Availability: General public and discharged patients  
Languages: English and Spanish  
Hours: Monday - Friday 9:00 am to 5:00 pm

#### **Los Robles Hospital and Medical Center**

Contact: Lois Girsky, RN, MPH, IBCLC, Cindy Shelton, RN, IBCLC, Jennifer Horrock, RN, IBCLC.  
Address: 215 West Janss Road, Thousand Oaks  
Phone: (805) 370-4465  
Web: [www.losrobleshospital.com](http://www.losrobleshospital.com)  
Services: Prenatal classes, breastfeeding support group, inpatient and phone support.  
Availability: Los Robles patients  
Languages: English  
Hours: Monday - Saturday 8:00 am to 2:00 pm.  
24 hours, 7 days per week phone support

#### **Santa Paula Hospital (affiliated w/ VCMC) A "Baby Friendly" Designated Hospital**

Contact: CLC's on Staff (not there all the time)  
Address: 825 North 10th Street, Santa Paula  
Phone: (805) 933-8620  
Services: Prenatal breastfeeding classes, In-Patient breastfeeding support  
Availability: SPH in patient and discharged patients  
Languages: English and Spanish  
Hours: 7 days per week. Hours vary.

#### **Simi Valley Hospital**

##### **"A Baby Friendly" Designated Hospital**

Contact: Bridget Winnett, IBCLC  
Address: 2975 North Sycamore Drive, Simi Valley  
Phone: (805) 304-3508  
Services: Inpatient, outpatient, and in-home consultations, support groups, phone support, prenatal and new parent classes, and employee support programs.  
Breastfeeding Café every Thursday at 9am  
Availability: General public, hospital patients, and breastfeeding class participants  
Languages: English  
Hours: On-call

#### **St. John's Regional Medical Center**

Contact: IBCLC's/CLC's on staff  
Address: 1600 North Rose Avenue, Oxnard  
Phone: (805) 988-2796  
Web: <https://www.dignityhealth.org/central-coast/locations/stjohnsregional/services/maternity-and-birth-center>  
Services: Free outpatient consultations to hospital patients, prenatal classes, support groups, & phone support.  
Availability: General public, hospital patients, and breastfeeding class participants  
Languages: English and Spanish  
Hours: 7 days per week. Hours vary.

#### **Ventura County Medical Center (VCMC) A "Baby Friendly" Designated Hospital**

Contact: CLC's on Staff  
Address: 3291 Loma Vista Road, Ventura  
Phone: (805) 652-6090  
Services: Prenatal breastfeeding classes, in-patient breastfeeding support, Call for weekly Breastfeeding support group info.  
Availability: VCMC in patient and discharged patients  
Languages: English and Spanish  
Hours: 7 days per week. Hours vary.



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## Community Resources

### Community Memorial Hospital (CMH)

#### New Parent Resource Center

##### Breastfeeding Support

Contact: Sheila Dedrick, RN, MSN, IBCLC, ICPE  
Address: 2580 East Main Street Suite 101, Ventura  
Phone: (805) 658-2229  
Web: [www.cmhshealth.org/mch](http://www.cmhshealth.org/mch)  
Services: Support group, breast pump sales and rentals  
Availability: General public  
Languages: Classes available in English; consultations are available in English and Spanish  
Hours: Office Hours: Monday through Friday 8:00 am to 5:00 pm  
Classes vary. Please call or visit website for more information.

#### Butterfly Center

Contact: Rina Yardeny, BA, CLC  
Address: Birch Family Birth Center at the T.O. Mall  
196 W. Hillcrest Dr. Suite 93.  
Thousand Oaks  
Phone: (805) 380-7771  
Web: [www.butterflycenter.org](http://www.butterflycenter.org)  
Services: In-office consultations, in-home consultations, Breastfeeding Café-drop in support, prenatal breastfeeding classes, newborn parent classes and support, child birth education, infant massage, and prenatal and parenting classes for teens.  
Availability: General public. Please call for class and consultation fees.  
Languages: English  
Hours: Classes vary. Consultations by appointment.

#### La Leche League (LLL)

Address: Branch locations in Camarillo, Oxnard, Ventura and Thousand Oaks  
Contact: (805) 312-3245 for more information  
Web: [www.llofventura.org](http://www.llofventura.org) or [www.lalecheleague.org/web/california.html](http://www.lalecheleague.org/web/california.html)  
Services: Support groups, phone and email support  
Availability: General public  
Languages: English  
Hours: Monthly support meetings. Phone support available.

#### Mandalay Bay Women & Children's Health Clinic

Contact: Lactation professionals on staff  
Address: 2000 Outlet Center Drive, Oxnard  
Phone: (805) 604-4588 ext. 1  
Service: In-office breastfeeding consultations  
Languages: English and Spanish  
Hours: Call for an appointment with lactation consultant

#### Naval Base Ventura County

##### New Parent Home Visitation Program

Address: Fleet and Family Support Center  
1000 23rd Avenue, Building 1169, Port Hueneme  
Phone: (805) 989-8835  
Services: Breastfeeding education, phone consultations, in-person consultations, home visits, support and community resources.  
Availability: Military families on and off base  
Languages: English and Tagalog  
Hours: Monday through Friday 7:30 am to 4:00 pm.  
Call for an appointment.



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### **Secure Beginnings at The Nan Tolbert**

#### **Nurturing Center &**

#### **Ojai Breastfeeding Helpline**

Contact: Staff

Address: Oak View Park and Resource Center  
555 Mahoney Avenue, Room #2, Oakview

Phone: (805) 646-7559

Web: [www.securebeginnings.org](http://www.securebeginnings.org)

Services: Phone support, support groups, counseling, prenatal breastfeeding classes, and new parent classes.

Availability: General public

Languages: English

Hours: Phone calls returned within 24-36 hours. View website for class schedules.

#### **Pediatric Diagnostic Center**

Contact: Michelle Flores, RN, CLEC

Sonya Hernandez, RN, CLEC

Address: 3291 Loma Vista Road, Bldg 304, Suite 302,  
Ventura

Phone: (805) 652-6255

Email: [sonya.servin@ventura.org](mailto:sonya.servin@ventura.org)

Services: Outpatient consultations, phone support

Languages: English and Spanish

Availability: Clinic patients, VCMC hospital patients

#### **Santa Paula West Medical Clinic**

Contact: CLC's on staff

Phone: (805) 299-0200

Services: Weekly Drop-In Breastfeeding Cafe

Availability: General public, Clinic patients, VCMC and SPH patients. Languages: Bilingual support group, English and Spanish

Address: 254 W. Harvard Blvd. Suite B

Hours: Please call for dates/times of support group

### **Ventura County Public Health Nursing**

#### **Community Health Nursing**

Contact: IBCLC, CLCs, RNs & PHNs on staff

Address: 2220 East Gonzales Road Suite 102, Oxnard

Phone: (805) 981-5115

Web: <http://www.vchca.org/public-health-nursing>

Services: In-home consultations, comprehensive perinatal services program, perinatal substance use program, and other family related services.

Availability: General public who meet services criteria.

Languages: English and Spanish

Hours: Monday through Friday, 8:00 am to 5:00 pm

### **Women Infants Children Nutrition Program (WIC)**

Contact: CLC's on staff;

Amy Avelar, IBCLC (Regional Breastfeeding Liaison)

Address: 8 sites within Ventura County

Phone: (805) 981-5251 or 1-(800) 781-4449 Ext. 3

Web: <http://www.vchca.org/women-infants-and-children-wic>

Services: Prenatal & postpartum classes, free breast pump rentals, phone support, Breastfeeding Peer-Counseling Program. Call for date and location of Weekly Breastfeeding Support Group open to public & WIC clients.

Availability: Program participants only. Please call to check for eligibility.

Languages: English, Spanish, Mixteco

Hours: Phone staff are available Monday through Friday, 8:00 am to 5:00 pm



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## Private Resources

\*Fee Based-individual fees may vary/ Call for availability

### **Diane Berger, RN, PHN**

Phone: (805) 654-1463 or (805) 368-2297

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

Services: In-office and in-home lactation support, phone support, breastfeeding classes, assistance with breast pumps. No charge for weekly baby weigh-ins, phone calls.

Languages: English, but willing to work with a translator

### **Ceilla Baum, IBCLC, RLC •**

#### **MaBellaBaby**

Phone: (661)904-5560

Email: [ceilla@mabellababy.com](mailto:ceilla@mabellababy.com)

Web: [www.mabellababy.com](http://www.mabellababy.com)

Services: In-home consultations.

Languages: English

### **Alice Clark, IBCLC, RLC • Milky Way**

#### **Lactation**

Phone: (818)932-9906

Email: [alice@milkywaylactation.com](mailto:alice@milkywaylactation.com)

Web: <http://www.milkywaylactation.com>

Services: In-home consultations.

Languages: English

### **Felicia Henry, IBCLC**

Phone: (805) 218-6156

Web: [www.mybirth.net](http://www.mybirth.net)

Services: In-office consultations, in-home consultations, breast pump sales and rentals, breast-related product sales, phone support, and prenatal classes. Preferred insurance provider for Aetna

Languages: English

### **Adriana Hernandez, RN, CLC**

Phone: (805) 558-1162

Email: [adihdez@hotmail.com](mailto:adihdez@hotmail.com)

Services: In-home lactation support phone support, serving the Santa Paula and Fillmore area.

Language: Spanish and English

### **Carol Lundstrom, RN, CLC**

Phone: 805-415-7740

Services: In-home lactation support, phone support

Languages: English

### **Paula Loehr-Coleman, RN, BSN, CLC-**

#### **Tender Years**

Phone: 805 857-2561

Email: [bq.paulacoleman@gmail.com](mailto:bq.paulacoleman@gmail.com)

Services: In-home lactation support, phone support, prenatal classes, employee support programs, skype consults, breast pumps

Languages: English

### **Lori Manduke, RN, NP, IBCLC**

Phone: (818)822 -1919

Email: [lorimanduke@gmail.com](mailto:lorimanduke@gmail.com)

Services: Inpatient, outpatient & in-home consultations, phone support, prenatal classes, breastfeeding classes in Thousand Oaks

### **Cindy Maynard, CLC, Doula (Dona)**

Phone: 805-312-3245

Email: [Cindy@MaynardMail.com](mailto:Cindy@MaynardMail.com)

Services: In-home lactation support, phone support

Languages: English



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### **Marisa Montgomery, BSN, CLC**

Phone: [805 655-6066](tel:8056556066)

Services: In-home lactation support, phone support

Languages: Spanish and English

### **Amy Scott, RN, BSN, IBCLC**

Phone: (805) 791-1960

Email: [amyscottlactationservices@gmail.com](mailto:amyscottlactationservices@gmail.com)

Services: In-home lactation consultations

Language: English Only

Area: Thousand Oaks & surrounding Areas

### **Cindy Shelton, RN, IBCLC**

Phone: (805) 501-9397

Services: In-home lactation consultations

Language: English only

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

Phone: (650) 255-5808

Email: [aurelia.spadini@gmail.com](mailto:aurelia.spadini@gmail.com)

Services: In-home Mother Baby Lactation Consultations

Languages: English

### **Anisa Tipton, MS, RD, CLC • The Nutrition**

#### **Mama**

Phone: (805) 748-5399

Web: [www.thenutritionmama.com](http://www.thenutritionmama.com)

Services: In-office and in-home lactation support, support groups, phone support, prenatal classes.

Languages: English

### **Nerissa J. Velten, LM, CPM, IBCLC**

Phone: (805) 907-9000

Email: [midwifenerissa@yahoo.com](mailto:midwifenerissa@yahoo.com)

Website: [www.midwifenerissa.com](http://www.midwifenerissa.com)

Services: In-home Mother Baby Lactation Consultations

Languages: English

### **Darcy Wronkiewicz, CD (DONA), CLEC, IBCLC • MOTHERS GUILD**

Address: Ventura

Phone: (805) 570-1595

Web: [www.mothersguild.net](http://www.mothersguild.net)

Services: In-home consultations, phone support, and prenatal classes. Support groups, pump rentals. Birth doula

Languages: English

*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.*



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## Breast Pump Resources & Rentals in Ventura County

- **CMH New Parent Resource Center:**  
Ventura (805) 658-2229. Breast pump sales and rentals. Breastfeeding supplies.
- **Paula Coleman/ Tender Years:**  
(805) 857-2561. Breast pump sales & rentals. In home support.
- **Felicia Henry, IBCLC:**  
(805) 218-6156. Breast pump sales & rentals.
- **Hygeia - "Moms Get More" Program:**  
Serving Ventura County (888) 786-7466 / [www.hygeiahealth.com](http://www.hygeiahealth.com). Breast pumps covered by participating insurances including Gold Coast Health Care Plan (ships to home).
- **Mother's Guild:**  
Serving Ventura County. (805) 570-1595. [www.mothersguild.net](http://www.mothersguild.net). Breast pump sales and rentals.
- **Simply MaMa:**  
Serving Ventura County (805) 541-1462. [www.simplymamabreastpumps.com](http://www.simplymamabreastpumps.com)  
Breast pumps for local Tri-Care, Medi-Cal & Gold Coast Covered Insurance Plans. Will bill insurance and mail pump directly to your home.
- **Woman Infants & Children (WIC) Program:**  
Sites throughout Ventura County (805) 981-5251. Free breast pump loans available to WIC Program participants.