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
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
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

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.

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.

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.
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
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 Yarden, 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
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.lllofventura.org or 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.
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
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
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
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  
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  
Web: www.mabellababy.com  
Services: In-home consultations.  
Languages: English

**Alice Clark, IBCLC, RLC • Milky Way Lactation**
Phone: (818)932-9906  
Email: 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  
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  
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  
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  
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  
Services: In-home lactation support, phone support  
Languages: English

www.breastfeedventura.org
BREASTFEEDING
Coalition of Ventura County
2019/2020 RESOURCE DIRECTORY

Marisa Montgomery, BSN, CLC
Phone: 805 655-6066
Services: In-home lactation support, phone support
Languages: Spanish and English

Amy Scott, RN, BSN, IBCLC
Phone: (805) 791-1960
Email: 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: aureliaspadini@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
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
Website: 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
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.

www.breastfeedventura.org
Breast Pump Resources & Rentals in Ventura County

- **CMH New Parent Resource Center:**

- **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. Breast pumps covered by participating insurances including Gold Coast Health Care Plan (ships to home).

- **Mother’s Guild:**

- **Simply MaMa:**
  Serving Ventura County (805) 541-1462. 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.

www.breastfeedventura.org