

# Fresno County Breastfeeding Resource Guide



\*Last Updated:2/3/25

## **Breastfeeding Guidance from the Centers for Disease**

If you are sick and choose to breastfeed, wear a face mask and wash your hands before each feeding.

## **Self-Care Tips for Breastfeeding Moms**

The Breastfeeding Task Force has created a short video on Self-Care Tips for Breastfeeding Moms in celebration of National Breastfeeding Month in August. Check out the video on the Breastfeeding Task Force of Fresno County Facebook Page:  
<https://www.facebook.com/bftaskforcefresno/>

## **Breastfeeding Laws**

### **Lactation Accommodation in California Schools**

Provide reasonable accommodations to a lactating pupil on a school campus to express breast milk, breastfeed an infant child, or address other needs related to breastfeeding (Education Code 222) (AB 302, AB 2785). Click here on steps to file a complaint and Know Your Rights.

### **Right to Breastfeed in Public**

A mother may breastfeed her child in any location, public or private, except the private home or residence of another (AB 157).

### **California Lactation Accommodation “Break Time for Nursing Moms”**

Employers shall provide enough break time and a proper space for a breastfeeding mother to pump breast milk until her baby is 1 year old (AB 1025).

To file a complaint or for more information, call: (559) 244-5340

## **Health Plans**

\*Note: Contact your health insurance provider for a breast pump and available support services.

### **Anthem Blue Cross**

Breastfeeding Support Hotline: 1-800-231-2999  
Website: [www.anthem.com/ca](http://www.anthem.com/ca)  
Language: English, Spanish, Hmong

### **CalViva Health**

Member Line: 1-888-893-1569 (TTY: 711)  
Website: [www.calvivahealth.org](http://www.calvivahealth.org)  
Language: English, Spanish, Hmong

## **Women, Infants and Children (WIC)**

\*Note: Eligibility requirements apply. All WIC and breastfeeding support services are provided by phone. Services can include consultation, peer counselors (offered by some WIC agency), education classes and provides rental breast pumps. For a breast pump, participants must enroll by phone prior to pick up.

### **Clinica Sierra Vista, WIC**

Contact: Melissa Robles, DN, IBCLC  
Phone: 559-457-5828  
Website: [www.clinicasierravista.org](http://www.clinicasierravista.org)

### **Fresno Economic Opportunities Commission (EOC), WIC**

Contact: Julie Casillas, RD, IBCLC  
Phone: 559-263-1162 & Helpline  
Hours: M-Th 8:30am-5:30pm, Fridays 8:30-4:30 and Sat 9am-1pm (phone only)  
Services: Breastfeeding support available during business hours. Breastfeeding Helpline - M-F 8:30am-7pm. Virtual monthly breastfeeding class, baby showers and breastfeeding meetups.  
Website: <https://fresnoeoc.org/wic/breastfeeding/>  
Facebook: Breastfeeding Momma's Group  
<http://www.facebook.com/groups/FresnoEOCWICbf>

### **United Health Centers, WIC**

Contact: Kathleen Harriss, RD, IBCLC  
Phone: 559-638-3948  
Website: <https://unitedhealthcenters.org/wic-program>  
Breastfeeding Warmline: 1-800-942-6667  
Website: <https://unitedhealthcenters.org/wic-program>

## **Hospitals with Breastfeeding Support**

### **Adventist Health-Reedley Hospital**

Contact: Ramona J. Munoz, RN, BSN, PHN, CLEC  
Phone: 559-391-3985  
Address: 372 W. Cypress Ave., Reedley, CA 93654  
Services: In-person scheduled appointments and phone counseling services are available. Clients are encouraged to call by phone to schedule an appointment. Inpatient consultation only.  
Website: <https://www.adventisthealth.org/reedley/>

Clinica Sierra Vista



Fresno EOC



United Health Centers



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## **Community Regional Medical Center - Mother's Resource Center**

Contact: Suzanne Stipe, IBCLC

Phone: 559-459-6288

Address: 2210 E. Illinois Ave., St. 103, Fresno, CA 93701

Services: In-person, voice and video calls are available. If coming for an in-person appointment, clients will be screened. No other children allowed except mom and 1 support person. Breastfeeding ABC classes are available and limited to a small group. Sell/Rent Breast Pumps and Variety of breastfeeding products.

Website: <https://www.communitymedical.org/>

Mom to Mom Support Group - Join virtually. Available in English and Spanish.

## **Kaiser Permanente Hospital Pediatric Outpatient Lactation Clinic**

Phone: 559-448-4555 (24/7)

Hours: Mondays & Wednesdays 9AM-4:30PM and Fridays 9AM-12PM

Address: 4785 N. First St., 3rd Floor, Fresno, CA 93726

Services: Available to Kaiser Members only. Outpatient consultations. Lactation clinic is open by appointment. If coming in for in-service, mom and 1 support person allowed, however clients are encouraged to schedule appointments via phone.

Website: [www.kp.org](http://www.kp.org)

## **Saint Agnes Medical Center, The Plaza Lactation Support Services**

Contact: Cathy Seeto, RN, BSN, IBCLC

Phone: 559-450-5210

Address: 1303 E. Herndon Ave., Fresno, CA 93720 4 th Floor

Services: Lactation support is available by phone and by video counseling. Secure conversation via lactation telehealth is provided. One-on-one breastfeeding counseling, Bundle of Joy classes and Stork Tours are suspended at this time.

Website: <https://www.samc.com/>

## **Helpful Websites**

### **Academy of Breastfeeding Medicine:**

<https://www.bfmed.org/>

### **Centers for Disease Control and Prevention (CDC):**

<https://www.cdc.gov/breastfeeding/>

**First Droplets:** <https://firstdroplets.com/>

### **National WIC Association:**

<https://wicbreastfeeding.fns.usda.gov/>

### **Stanford Medicine:**

<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

**World Health Organization (WHO):** <https://www.who.int/>

### **National WIC Association:**

<https://wicbreastfeeding.fns.usda.gov/> Breastfeeding

## **La Leche League of Fresno**

Phone: 559-426-5553

Services: Free support group meetings (virtual until further notice) are held twice monthly, the first Tuesday at 7:00PM and third Thursday at 9:45AM. Support is also available via phone/text and our Facebook Group.

Website: <http://www.lllfresno.org/> Facebook:

<https://www.facebook.com/La-Leche-League-of-Fresno-268532926524698/>

Independent Consultants \*Note: Fees may apply.

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### **Mom's Breast Friend-Lactation Services**

Contact: Ashley Lopez, CLEC

Phone: (559) 618-1003 Email: [2mybreastfriends@gmail.com](mailto:2mybreastfriends@gmail.com)

Facebook: <https://www.facebook.com/MomsBF>

Services: Education Classes, Support Groups, Home Visits

Language: English

### **Motherhood Lactation Services**

Contact: Amanda Shelton, IBCLC

Phone: 559-906-9513

Email: [Lactation\\_AS@yahoo.com](mailto:Lactation_AS@yahoo.com)

Services: Breastfeeding Classes and Lactation Support

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

### **Tess Johnson Lactation Services**

Phone: (559) 905-6635

Services: Consultation, Education Classes, Support Groups, Home Visits, Breast Pumps

Website: <http://www.tjlactation.com/>

Facebook: [https://www.facebook.com/Tess-Johnson-](https://www.facebook.com/Tess-Johnson-Lactation-Services-169500088031/)

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### **Breastfeeding Apps (free)**

### **MotherToBaby** (breastfeeding and medications):

<https://mothertobaby.org/>

### **Mamava** (breastfeeding friendly spaces by location) :

<https://www.mamava.com/mobile-app/>

