Breastfeeding Support on the Mendocino Coast

Breastfeeding Support on the South Coast
Time: 12:00pm-1:00pm
Dates: Last Tuesday of every month;
Location: Action Network, 200 Main Street, Point Arena
Contact: Heidi Marshall, CNM, hm.crowningglory@gmail.com, Action Network, 884-5413
*For at-home appointments with Heidi, phone 884-3831

Childbirth Education Class with Kei
Time: 9am-4pm
Dates: Every odd month on a Saturday tbd, call for more information
Location: Mendocino Coast Clinics Medical Bldg, 205 South St
Contact: Kei Velazquez, kvelazquez@mccinc.org, Mendocino Coast Clinics (MCC) 964-1251

Drop-in at Mendocino Coast Clinics
Time: 10:00am-12:00pm
Dates: Every Friday
Location: MCC Teen Clinic Entrance, 855 Sequoia Circle (off South St), Fort Bragg
Contact: Kei Velazquez, kvelazquez@mccinc.org; Mendocino Coast Clinics (MCC), 964-1251

Mendocino Coast Breastfeeding Coalition Meeting
Time: 12:00pm-1:00pm
Dates: 2nd Thursday of every month; March 13, April 10, May 8
Location: MCC Conference Room, 205 South St
Contact: Stacy, spollina@mccinc.org, 961-3415

WIC “Mothers Helping Mothers” Peer Counseling Support
Time: 11-11:30am & 3-3:30pm in English, 4:15-4:45pm in Spanish
Dates: One Thursday a month, call for current times and dates
Location: WIC Office, 120 West Fir Street, Fort Bragg
Contact: Alicia Foria, Breastfeeding Peer Counselor, 234-9502

Northern California Birth Collective “Meet the Doulas”
Date: Monthly update via email; expandyourdreams@yahoo.com
Contact: Jade Golden-Aldrich (no longer meeting on a monthly basis)

Northern California Birth Collective Educational Events
Date: Monthly update via email; expandyourdreams@yahoo.com
Contact: Jade Golden-Aldrich (no longer meeting on a monthly basis)

Local Breastfeeding Support Hotline
1-855-855-MILK (6455) available 24 hours/7 days
FIRST 5 Mendocino Breastfeeding Support Website
www.breaststart.org
Text4Baby
www.text4baby.org

Revised March 2014