



Breastfeeding Resources for Reno / Sparks / Carson City

	Prenatal Breast-feeding classes	Breastfeeding Support Group	Breast pump rental / purchase	Private Consultations	Breastfeeding Supplies or Gifts	Contact Information Link to Website or Calendar of Events
A Nurturing Space (Carson City)	Yes	Thurs 1:30 PM		Yes		(775) 546-2850 or (775) 720-4625 www.anurturingspace.com
Carson Tahoe Regional Medical Center	Yes	Mon 5:30 PM Wed 10 AM		Yes		(775) 445-5122 – Breastfeeding Warm Line http://www.carson Tahoe.com/pages.php?var=Breast-Feeding
La Leche League of Northern Nevada		Various				lllnorcal.org/Groups/NorthernNevada.html
Katie Scott, RN, IBCLC	Yes			Yes		(775) 813-3980 www.overthemoonlac.com
Meredith Pollaro, OTR/L, IBCLC, RLC		Mon 12 PM @ Nurturing Nest		Yes		(775) 303-7269
Nevada WIC / ITCN WIC (*WIC participants only)	Yes*	Various*	Yes*	Yes*	Yes- Supplies*	NEVADA: (775) 684-5942 / ITCN: (775) 398-4960 nevadawic.org
The Nurturing Nest	Yes	Mon 12 PM 3 rd Tues 6 PM		Yes	Yes - Both	(775) 825-0800 www.nurturingnestreno.com
Renown Regional Medical Center / Lactation Connection	Yes	Tues 4 PM (S. Meadows) Thurs 11 AM (Main)	Yes - Both	Yes	Yes - Both	(775) 982 -5210 – Lactation Connection www.renown.org/thelactationconnection (775) 982-5483 – Breastfeeding Warm Line www.renown.org/ChildbirthEducation
Saint Mary's Regional Medical Center	Yes	Thurs 10 AM 2 nd & 4 th Thurs 6 PM	Yes - Both	Yes	Yes	(775) 770-3751 - Breastfeeding Warm Line (775) 770-3109 – Pump Rental www.saintmarysreno.com/Events-Calendar/Event-Details.aspx?Event=16

Additional Helpful Resources

National Breastfeeding Helpline: (800) 994-9662
24 Hour REMSA Nurse Hotline: (775) 858-1000

NevadaBreastfeeds.org
Kellymom.com
DrJacknewman.com

Nursing bra fitting - Lactation Connection (775) 982-5210
Bras Plus (775) 324-3332
Infant Risk Center – (for breastfeeding / medicine compatibility)
(806) 352-2519 or www.infantrisk.com