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| --- | --- | --- | --- | --- | --- | --- |
|  | Prenatal Breast-feeding classes | Breastfeeding Support Group | Breast pump rental / purchase | Private Consultations | Breastfeeding Supplies orGifts | Contact InformationLink 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](http://www.anurturingspace.com/)  |
| Babies R US | Yes |  | Yes - Both |  | Yes - Both | (775) 825-2229 |
| Carson Tahoe Regional Medical Center | Yes | Mon 5:30 PMWed 10 AM |  | Yes |  | (775) 445-5122 – Breastfeeding Warm Line<http://www.carsontahoe.com/pages.php?var=Breast-Feeding>  |
| La Leche League of Northern Nevada |  | 2nd Mon each month, 10-11 AM |  | Yes |  | [lllnorcal.org/Groups/NorthernNevada.html](http://lllnorcal.org/Groups/NorthernNevada.html)  |
| 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) 355-0600[nevadawic.org](http://nevadawic.org) |
| The Nurturing Nest | Yes |  Mon 12 PM |  | Yes | Yes - Both | (775) 825-0800www.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](http://www.renown.org/thelactationconnection) (775) 982-5483 – Breastfeeding Warm Line[www.renown.org/ChildbirthEducation](http://www.renown.org/ChildbirthEducation)  |
| Saint Mary’s Regional Medical Center | Yes | Thurs 10 AM2nd & 4th 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](http://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

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Breastfeeding Resources for Reno / Sparks / Carson City

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](http://www.infantrisk.com)