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| --- | --- | --- | --- | --- | --- | --- |
|  | 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  http://www.carsonmidwifery.com/ |
| Nevada WIC  *(\*WIC participants only)* | Yes\* |  | Yes\* | Yes\* | Yes- Supplies\* | (775) 684-5942  [nevadawic.org](http://nevadawic.org) |
| Carson Tahoe Regional Medical Center | Yes | Mon 5:30 PM  Wed 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 @ HOPES |  | Yes |  | [lllnorcal.org/Groups/NorthernNevada.html](http://lllnorcal.org/Groups/NorthernNevada.html) |
| Meredith Pollaro, OTR/L, IBCLC, RLC | Yes | Mon 12 PM @  Nurturing Nest |  | Yes | Yes | (775) 453-4628 |
| ITCN WIC  *(\*WIC participants only)* | Yes\* | \*varies | Yes\* | Yes\*  walkins | Yes- Supplies\* | (775) 355-0600  http://itcnwic.org/ |
| The Nurturing Nest | Yes | Mon 12 PM |  | Yes | Yes - Both | (775) 825-0800  www.nurturingnestreno.com |
| Renown Regional Medical Center /  Lactation Connection | Yes | Tues 4 PM  Thurs 11 AM  (Main hospital) | 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 AM  2nd & 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) |



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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)

NevadaBreastfeeds.org

Kellymom.com

DrJacknewman.com

Additional Helpful Resources

National Breastfeeding Helpline: (800) 994-9662

24 Hour REMSA Nurse Hotline: (775) 858-1000