

## Nevada Lactation Resources

Carson City				
Location	Contact	Cost	Date/Time	Information
Carson Tahoe Health 1470 Medical Parkway, Suite 250 Carson City, NV 89703	Phone: 775-445-8000 Carson-Tahoe Lactation Line: 775-445-7249 Email: <a href="mailto:OBLact@carsontahoe.org">OBLact@carsontahoe.org</a>	Free	Mondays, 5:30-6:30 pm <b>AND</b> Wednesdays, 9:30-10:30am	Informal group led by a IBCLC and is meant to provide ongoing support to mothers regarding breastfeeding and mothering. All breastfeeding mothers and babies are welcome to attend. Register via Vagaro: <a href="https://www.vagaro.com/cth4gm">https://www.vagaro.com/cth4gm</a>
Carson Valley La Leche League	Tara: 775-863-8855 Email: <a href="mailto:carsonvalleyLLL@gmail.com">carsonvalleyLLL@gmail.com</a>	Free	3 <sup>rd</sup> Monday of the month, 10:00 am	Breastfeeding support group run by La Leche League. Babies welcome.
Clark				
Location	Contact	Cost	Date/Time	Information
Anthem Wellness Clinic 2348 E. Bonanza Road, Las Vegas, NV 89101	Registration encouraged: <a href="https://www.eventbrite.com/e/grupo-de-apoyo-para-la-lactancia-materna-tickets-1396834261879">https://www.eventbrite.com/e/grupo-de-apoyo-para-la-lactancia-materna-tickets-1396834261879</a>	Free	Thursdays (Spanish), 9:00 am-10:15 am	Support group guided by an IBCLC. Designed for mothers who wish to breastfeed, are currently breastfeeding, or have breastfed in the past and want to share their experiences. Register via Eventbrite: <a href="https://www.eventbrite.com/e/grupo-de-apoyo-para-la-lactancia-materna-tickets-1396834261879">https://www.eventbrite.com/e/grupo-de-apoyo-para-la-lactancia-materna-tickets-1396834261879</a>
Dignity Health (Las Vegas, Henderson)	Phone: 702-616-4908* * Lactation Warmline and CLC Appointments	\$50 for CLC visit	By appointment	No-cost lactation warmline covered by Certified Lactation Counselors (CLCs). Appointments available- call for availability and costs. <b>Dignity Health patients only.</b> Website: <a href="https://www.dignityhealth.org/las-vegas/services/birth-centers/infant-feeding">https://www.dignityhealth.org/las-vegas/services/birth-centers/infant-feeding</a>
Dignity Health (Henderson) Green Valley (GV),	Phone: 1-877-648-9328 Green Valley: 702-616-4901	Free	Fridays, 11:00 am – 12:00 pm	New Mommy Mixer to connect with other moms, share experiences and build a community with other new parents. <b>Dignity Health patients only.</b> Website:

2651 Paseo Verde Parkway, Suite 180, Henderson, NV 89074				<a href="https://www.dignityhealth.org/las-vegas/classes-and-events/breastfeeding-prenatal">https://www.dignityhealth.org/las-vegas/classes-and-events/breastfeeding-prenatal</a>
Intermountain Health ( <b>Las Vegas</b> )- Virtual Support	Phone: 1-385-297-6455* <b><u>Charges will apply.</u></b>	<b>\$56 for 30 minutes; \$111 for 60 minutes</b>	7:00 am-7:00 pm daily	Virtual lactation consults for <b>Intermountain Health patients in Nevada</b> . Website: <a href="https://intermountainhealthcare.org/services/virtual-care/lactation-consults">https://intermountainhealthcare.org/services/virtual-care/lactation-consults</a>
La Leche League ( <b>Las Vegas</b> )	Ashley: 585-704-0564 Carolina (Spanish): 832-903-8350 Corrine: 702-822-2229 Kate: 702-203-4803	Free	Various	Meetings to discuss lactation and answer breastfeeding questions. LLL are available by phone to discuss your concerns. Contact a leader for information on the next LLL meeting. Website: <a href="https://www.lalecheleaguenv.org/">https://www.lalecheleaguenv.org/</a>
La Leche League ( <b>Southwest Las Vegas</b> )	Amie: 702-701-0063 Dorothy: 702-588-0455 Facebook: <a href="https://www.facebook.com/LLLofSouthwestLasVegas">https://www.facebook.com/LLLofSouthwestLasVegas</a>	Free	Various	Meetings to discuss lactation and answer breastfeeding questions. LLL are available by phone to discuss your concerns. Contact a leader for information on the next LLL meeting. Website: <a href="https://www.lalecheleaguenv.org/">https://www.lalecheleaguenv.org/</a>
Spring Valley Hospital Medical Center ( <b>Las Vegas</b> ) 5400 South Rainbow Blvd., Las Vegas, NV 89118	Phone: 702-853-3000	Free	Thursdays, 12:00 pm – 4:00 pm	Weekly breastfeeding support class. Enter Spring Valley Hospital through the Birthplace Entrance. Registration required: <a href="https://www.eventbrite.com/e/spring-valley-hospital-medical-center-breastfeeding-support-tickets-1106598157879">https://www.eventbrite.com/e/spring-valley-hospital-medical-center-breastfeeding-support-tickets-1106598157879</a>
Summerlin Hospital ( <b>Las Vegas</b> ) 653 N. Town Center Drive, Building 1, Las Vegas, NV 89144	Support Group Phone: 702-233-7186 Lactation Warmline: 702-233-7542 or 702-233-7182 Email: <a href="mailto:Summerlinbirthplace@uhsinc.com">Summerlinbirthplace@uhsinc.com</a>	Free	Thursdays, 10:00 am-12:00 pm	Breastfeeding support group for parents. Led by lactation counselors. No registration required. Website: <a href="https://www.summerlinhospital.com/events-and-programs/birthplace">https://www.summerlinhospital.com/events-and-programs/birthplace</a>

UMC Healthy Living Institute- Las Vegas Milk Lounge ( <b>Las Vegas</b> ) 901 Rancho Lane, Suite 180 Las Vegas, NV 89106	Email: <a href="mailto:Healthylivinginstitute@umcsn.com">Healthylivinginstitute@umcsn.com</a>	Free	Wednesdays, 11:00 am-12:00pm	Las Vegas Milk Lounge Hosted by the Nevada Breastfeeding Coalition. Offers support for prenatal and postpartum parents with lactation questions. Class list: <a href="https://apps.umcsn.com/Common/Classes.aspx?CatID=24">https://apps.umcsn.com/Common/Classes.aspx?CatID=24</a>
UMC Healthy Living Institute ( <b>Las Vegas</b> ) 901 Rancho Lane, Suite 180 Las Vegas, NV 89106	Email: <a href="mailto:Healthylivinginstitute@umcsn.com">Healthylivinginstitute@umcsn.com</a>	Free	Various	Various classes/support groups for lactating parents, their partners, or family members. Registration encouraged. Class list: <a href="https://apps.umcsn.com/Common/Classes.aspx?CatID=24">https://apps.umcsn.com/Common/Classes.aspx?CatID=24</a>
UNLV Health-Pediatrics ( <b>Las Vegas</b> ) 1524 Pinto Lane, 3rd Floor, Room 10, Las Vegas, NV 89106	Phone: 702-944-2828 Rikki Jenkins: <a href="mailto:Rikki.jenkins@unlv.edu">Rikki.jenkins@unlv.edu</a>	Free to current UNLV Peds patients	Tuesdays ( <b>English</b> ), 9:00 am-12:00 pm; Thursdays ( <b>Spanish and English</b> ), 10:45 am – 4:00 pm	Breastfeeding support clinic hosted by UNLV ARPA recipients offering latch assistance, lactation support and information.  Appointments recommended; schedule by emailing Rikki Jenkins. Walk-ins will be seen depending on availability.
<b>Douglas County</b>				
<b>Location</b>	<b>Contact</b>	<b>Cost</b>	<b>Date/Time</b>	<b>Information</b>
Carson Tahoe Health- Minden 925 Ironwood Drive, 2 <sup>nd</sup> Floor Conference Room Minden, NV 89423	Phone: 775-445-8000 Carson-Tahoe Lactation Line: 775-445-7249 Email: <a href="mailto:OBLact@carsontahoe.org">OBLact@carsontahoe.org</a>	Free	Fridays, 10:00-11:00 am	Informal group led by a IBCLC and is meant to provide ongoing support to mothers regarding breastfeeding and mothering. All breastfeeding mothers and babies are welcome to attend. Register via Vagaro: <a href="https://www.vagaro.com/cth4gm">https://www.vagaro.com/cth4gm</a>

Elko County				
Location	Contact	Cost	Date/Time	Information
Northeastern Nevada Regional Hospital, 2001 Errecart Boulevard, Elko, NV 89801	Phone: 775-738-5151	Free with code NNRH	Various	Classes on pregnancy, childbirth and lactation for free with code "NNRH." Registration required: <a href="https://www.nnrhospital.com/mother-and-baby/childbirth-classes">https://www.nnrhospital.com/mother-and-baby/childbirth-classes</a>
Humboldt County				
Location	Contact	Cost	Date/Time	Information
Humboldt General Hospital 118 E. Haskell Street Winnemucca, NV 89445 775-623-5222	Becky Egbert Phone: 775-455-5138 Email: <a href="mailto:egbert@hghospital.org">egbert@hghospital.org</a>	Free	Monday from 6:00-8:00 pm	Breastfeeding Class Registration required the Sunday before by midnight: <a href="https://www.hghospital.org/calendar/events/2025-lactation-classes/?calendardate=20251013180000">https://www.hghospital.org/calendar/events/2025-lactation-classes/?calendardate=20251013180000</a>
Nye County				
Location	Contact	Cost	Date/Time	Information
La Leche League (Pahrump)	Faith: 702-885-7591 Kat: 702-910-9348	Free	Unknown.	Call the LLL for meeting information or visit their Facebook account: <a href="https://www.facebook.com/LaLecheLeaguePahrump/">https://www.facebook.com/LaLecheLeaguePahrump/</a>
Washoe County				
Location	Contact	Cost	Date/Time	Information
Biggest Little Baby (Reno) 7693 S. Virginia Street Reno, NV 89511	Phone: 775-825-0800	Free/low cost	Various- see website for more information.	Support groups for lactating parents, parents of young children. Offers activities for parents and families as well-visit their website for their full schedule and to register. Website: <a href="https://www.biggestlittlebaby.com/">https://www.biggestlittlebaby.com/</a>
La Leche League Morning Meeting (Reno) First Congregational Church	Amy: 775-327-4286	Free	3 <sup>rd</sup> Wednesday of the Month, 10:00am	Support group for infants, run by a La Leche League Leader. Babies welcome. Contact LLL leader for more information. Website: <a href="http://llnocal.org/Groups/NorthernNevada.html">http://llnocal.org/Groups/NorthernNevada.html</a>

627 Sunnyside Drive Reno, NV 89503				
La Leche League <i>Toddler Meeting</i> ( <b>Reno</b> ) First Congregational Church 627 Sunnyside Drive Reno, NV 89503	Kristen: 775-473-4809	Free	1 <sup>st</sup> Wednesday of the Month, 10:00 am	Support group for toddlers, run by a La Leche League Leader. Babies welcome. Contact LLL leader for more information. Website: <a href="http://lllnorcal.org/Groups/NorthernNevada.html">http://lllnorcal.org/Groups/NorthernNevada.html</a>
La Leche League ( <b>Sparks</b> )	Helen: 775-387-0286	Free	2 <sup>nd</sup> Tuesday of the Month, 10:00 am	Support group for infants, run by a La Leche League Leader. Babies welcome. Contact LLL leader for more information. Website: <a href="http://lllnorcal.org/Groups/NorthernNevada.html">http://lllnorcal.org/Groups/NorthernNevada.html</a>
Renown Regional Medical Center ( <b>Reno</b> ) 901 E. 2 <sup>nd</sup> Street, Roseview Tower, 3 <sup>rd</sup> Floor Conference Room, Reno, NV 89502	Phone: 775-982-6365	Free	Thursdays, 11:00 am- 12:00 pm	Support group to discuss lactation questions, exchange experiences, and talk about concerns. Website: <a href="https://www.renown.org/Search?q=breastfeeding">https://www.renown.org/Search?q=breastfeeding</a>
<b>White Pine County</b>				
<b>Location</b>	<b>Contact</b>	<b>Cost</b>	<b>Date/Time</b>	<b>Information</b>
William Bee Ririe Hospital 1500 Avenue H Ely, NV 89301	Phone: 775-289-3001	Free	Varies- contact hospital for more information.	Childbirth Classes (including lactation): <a href="https://www.wbrhely.org/services/childbirth">https://www.wbrhely.org/services/childbirth</a>

Statewide				
Location	Contact	Cost	Date/Time	Information
Nevada Statewide Maternal and Child Health Coalition	Northern Nevada (Kelcie Atkin): <a href="mailto:KAtkin@nnph.org">KAtkin@nnph.org</a> Southern Nevada (Kairi Pangelinan): <a href="mailto:Kairirenae.Pangelinan@commo.nspirit.org">Kairirenae.Pangelinan@commo.nspirit.org</a>	Free	Not applicable.	Offers resources for parents statewide. New mama care kits are also available to qualifying Nevadans which may include a <b>breast pump</b> depending on availability. Email contacts for locations and availability or visit their website for additional information. Website: <a href="https://nvmch.org/new-mama-care-kits">https://nvmch.org/new-mama-care-kits</a>
Nevada Breastfeeding Coalition	Email: <a href="mailto:info@nvbreastfeeding.org">info@nvbreastfeeding.org</a> Website: <a href="https://www.nvbreastfeeding.org/">https://www.nvbreastfeeding.org/</a>	Free	Not applicable.	Statewide lactation coalition which offers lactation resources and support to lactating Nevadans and their families.
Nevada Breastfeeds	Website: <a href="https://nevadabreastfeeds.org/">https://nevadabreastfeeds.org/</a>	Free	Not applicable.	Resources for lactating parents, healthcare providers, and businesses.

General Lactation Resources		
Resource	Contact	Languages Available
<b>Centers for Disease Control and Prevention (CDC):</b> General information on lactation.	Website: <a href="https://www.cdc.gov/breastfeeding/php/about/index.html">https://www.cdc.gov/breastfeeding/php/about/index.html</a>	English, Spanish; language assistance available.
<b>CDC Breastfeeding During a Disaster:</b> Resource on infant feeding during a disaster.	Website: <a href="https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/breastfeeding.html">https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/breastfeeding.html</a>	English, Spanish; language assistance available.
<b>Droplet:</b> Excellent resource on establishing lactation, hand expression, and breastfeeding a preterm infant. Videos available under “Downloads.”	Website: <a href="https://firstdroplets.com/">https://firstdroplets.com/</a>	English, Spanish
<b>Global Health Media Project:</b> Excellent evidence-based instructional videos in various languages and settings. Includes hand expression, breast pain, nipple pain and other common challenges.	Website: <a href="https://globalhealthmedia.org/video/?_topic=breastfeeding&amp;~1">https://globalhealthmedia.org/video/?_topic=breastfeeding&amp;~1</a>	English, Chinese, Haitian Creole, Portuguese, Spanish, Vietnamese, etc.
<b>Infant Risk Center:</b> Evidence based recommendations regarding drug safety while pregnant or lactating. Resources include	Phone: 1-806-352-2519; 6:00 am-1:00 pm PDT Website: <a href="https://www.infantrisk.com/">https://www.infantrisk.com/</a>	English

information on common medications while breastfeeding, anesthesia lactation plan, and small baby feeding plan.		
<b>KellyMom:</b> Evidence-based resource on a wide-range of lactation topics.	Website: <a href="https://kellymom.com/">https://kellymom.com/</a>	English; limited in Bulgarian, German, Russian, Portuguese, and Spanish
<b>Lactation Education Resources:</b> Free handouts in multiple languages on major lactation concerns.	Website: <a href="https://www.lactationtraining.com/resources/handouts-parents">https://www.lactationtraining.com/resources/handouts-parents</a>	English, Spanish, Chinese, Arabic, Vietnamese, Polish
<b>Office on Women's Health:</b> Great resource on breastfeeding. Includes answers to general and complex lactation situations.	Website: <a href="https://womenshealth.gov/breastfeeding">https://womenshealth.gov/breastfeeding</a>	English, Spanish
<b>Stanford Medicine Newborn Nursery:</b> Resources on preparing to breastfeed, hands-on pumping, maximizing milk production, and latching baby.	Website: <a href="https://med.stanford.edu/newborns/professional-education/breastfeeding.html">https://med.stanford.edu/newborns/professional-education/breastfeeding.html</a>	English, Spanish
<b>WIC Breastfeeding Support:</b> Resources on general lactation challenges and topics.	Website: <a href="https://wicbreastfeeding.fns.usda.gov/">https://wicbreastfeeding.fns.usda.gov/</a>	English