

## BREASTFEEDING INFORMATION AND ASSISTANCE

### MEDI-CAL MANAGED CARE PLANS

#### **Health Net**

Breastfeeding and Nutrition Support.....(800) 675-6110  
*For Health Net members only*

#### **Kern Family Health Care**

For information and referral.....(800) 391-2000  
Health Education Department.....(661) 632-1590  
*For Kern Family Health Care members only*

### WOMEN, INFANTS AND CHILDREN PROGRAMS (WIC)

#### **Clinica Sierra Vista- Breastfeeding Support Groups**

Lamont Community Health Center (English and Spanish)  
8787 Hall Road, Lamont, CA 93241  
Southwest WIC Center- (*Clinica Sierra Vista WIC enrollees only*)  
4621 American Ave Unit A & B, Bakersfield CA 93309  
For more information call.....(661) 862-5422

#### **Community Action Partnership**

Postpartum Support Groups- (English and Spanish once a month)  
500 East California Avenue, Bakersfield, CA 93307  
*For Community Action Partnership WIC enrollees only*  
For more information call.....(661) 824-4118

#### **La Leche League**

Bakersfield.....(661) 438-1518  
*Spanish*.....(661) 237-5442  
Delano.....(661) 446-4532

#### **WarmLine**

Mon – Fri 8:00 am – 5:00 pm PST PH.....(661) 323-3531  
Toll Free.....(888) 955-9099

#### **Baby Café Bakersfield**

Meets Tues 11:30am to 1:30pm at Beale Library  
PH and Text .....(661) 228-0230

Babycafebakersfield.org

Facebook: Baby Cafe Bakersfield

#### **Kaiser Permanente- Members Only**

PH.....(877) 524-7373

### **HOSPITALS**

**Kern Medical** .....(661) 326-2000

#### **Bakersfield Memorial Hospital**

Free 4-week series of birth and breastfeeding classes  
Must pre-register before or during the 5<sup>th</sup> month of pregnancy.....(661) 426-1688  
Breastfeeding support system Mon-Fri 8:00AM- 3:30PM.....(661) 327-4647  
[www.dignityhealth.org](http://www.dignityhealth.org)

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## **BREASTFEEDING INFORMATION AND ASSISTANCE**

**Mercy Southwest Hospital**

Mom to Mom New Mothers .....(661) 663-6067

[www.dignityhealth.org](http://www.dignityhealth.org)

**Ridgecrest Regional Hospital**

Lorie Ochoa RN.....(760) 499-3032

**Justina Engen, BA, IBC**.....(661) 238-3066

[growinglovingfamilies@gmail.com](mailto:growinglovingfamilies@gmail.com)

**Justine Backhaus LM, CPM, IBCLC** .....(661) 821-0659

[mamaforhumankind@aol.com](mailto:mamaforhumankind@aol.com)

Moms house 2<sup>nd</sup> Monday of every month 6:00PM

**WIC Lactation Specialist Helpline** .....(800) 472-2321

Kanisha Neal, RD

[Kanisha.Neal@dph.sbcounty.gov](mailto:Kanisha.Neal@dph.sbcounty.gov)

Mon, Wed, Thur: 7:30 a.m. – 5 p.m. Tue: 8:30 a.m. – 6:00 p.m. Fri: 7:30 a.m. – 4:00 p.m.

**The Net & Company -Jenica Willis**

PH..... (661) 234-9894

Email: [Jenicawillis@thenestandco.com](mailto:Jenicawillis@thenestandco.com) Website: [thenestandco.com](http://thenestandco.com)

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