



## Breastfeeding Information and Support

snvbreastfeeding.org

facebook.com/snvbreastfeeding.org

### Lactation Consultants

#### **Laura Cooper, BA, IBCLC, Doula**

Advanced Breastfeeding Support of Las Vegas  
www.breastfeedingsupportlv.com  
Office: (702) 764-9290 Cell: (702) 321-6712

#### **Lauren Frey, MA, CCC-SLP, IBCLC**

www.lv lactation.com  
(702) 919-6519

#### **Zena Gresham, IBCLC**

Z to A Lactation Advising  
(702) 425-2791 ZtoALactation@gmail.com

#### **Colette Moore, BSN, RN, IBCLC**

(702) 217-0882 www.lasvegasbreastfeeding.com

#### **Jollina Simpson, IBCLC**

(702) 524-9705

#### **Autumn Wake, RN, BSN, IBCLC**

Advanced Breastfeeding Support of Las Vegas  
www.breastfeedingsupportlv.com  
Office: (702) 764-9290 Cell: (904) 613-8255

#### **Lisa Weinschenker, RN, BSN, IBCLC**

Breastfeeding and Babies, LLC  
(702) 944-7437 www.breastfeedinglv.com

### Lactation Counselors

#### **Phelicia Cyrus, CLC**

Next 2 Venus  
(360) 977-2001 www.next2venus.com

#### **Aisha Fanning, CLEC, Doula**

Vegas Family Doulas  
(702) 907-6378 www.vegasfamilydoulas.com

#### **Alura Hirsch, CLC, ALC**

Vegas Valley Lactation Services  
(702) 483-1666 www.vegasvalleylactation.com

#### **Rikki Jenkins, CLEC, Doula**

Rikki the doula Las Vegas Birth Services  
(702) 741-7570 www.rikkiethedoula.com

#### **Jefferyanna Nelson, CLC, Doula**

Jefferyanna's Doula Services  
(702) 245-9100 www.jefferyanna.com

### Keys to Credentials

International Board Certified Lactation Consultant (IBCLC) – most extensive formal lactation education and requires clinical hands on training lactation; has passed an international certification exam and has in continuing education requirements in lactation. Recertifies every 5 years. Educated to handle more complex breastfeeding scenarios.

Advanced Lactation Consultant (ALC) - Completed 45-hour training and have passed a criterion-referenced examination, and demonstrated the competencies and skills required to provide counseling, requires recertification every 3 years.

Certified Lactation Counselor (CLC) – has successfully completed a one-week course (45 hour) of training and competency verification in breastfeeding and lactation support. Re-certifies every 3 years.

Certified Lactation Educator (CLE) – has successfully completed a one-week course (45 hour) in basic lactation and its management and required post seminar homework.

Certified Lactation Educator Counselor (CLEC) – has successfully completed a 45-hour credit course in basic lactation and its management and required post seminar homework which may include a clinical component.

### Thank you for Breastfeeding in PUBLIC!

**NRS 201.232** Notwithstanding any other provision of law, a mother may breast feed her child in any public or private location where the mother is otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breastfeeding. **AB 113** Requires certain employers to make certain accommodations for a nursing mother.

### Disclaimer

**Southern Nevada Breastfeeding Coalition cannot be held liable for the practices of providers listed on our resource page.**

It is for informational resource purposes only. If you have concerns about a provider on this listing, please contact us at snvbreastfeeding@gmail.com. Providers listed in this directory, unless otherwise indicated, charge a fee for their services. Some have a sliding scale, and some accept insurances. The credentials listed after their names are listed as the individual requested and described. None have been verified by SNBC.

All licensed health practitioners have additional continuing education requirements to remain current in respective field.



SOUTHERN NEVADA  
*Breastfeeding*  
COALITION



## Breastfeeding Information and Support

[snvbreastfeeding.org](http://snvbreastfeeding.org)

[facebook.com/snvbreastfeeding.org](https://facebook.com/snvbreastfeeding.org)

### Breastfeeding & Postpartum Support

#### Angel Breast Pumps

Offering breast pump rentals and discounted sales  
(702) 862-6435 [www.angelpumps.net](http://www.angelpumps.net)

#### Kay and Me Doula and Wellness

Doula, Yoga, Mental Health  
(702) 886-0479 <https://www.kayandme.com/>

#### Las Vegas Baby Co

Pregnancy & postpartum care, prenatal yoga, lactation  
(702) 476-8998 <http://lasvegasbabyco.com/>

#### Maternal Minds Counseling

Private consultations for Counseling for Post Partum Mood and Anxiety, Support Groups  
(702) 456-4262 <http://www.maternalmindscounseling.com/>

#### St. Rose Barbara Greenspun Women's Care Center

Private consultations, baby weigh station, weekly support group, classes, pump rentals. *Se Habla espanol*  
(702) 616-4901. Warm line: (702) 616-4908

#### Southern Hills Hospital Medical Center

Breastfeeding moms group (IBCLC & CLC)  
<https://southernhillshospital.com/service/breastfeeding-support-group> Helpline (702) 916-6600

#### The Healthy Living Institute at UMC

Health and wellness activities & education, car seat classes, senior celebrations, private lactation consults.  
(702) 383-7353 [www.umcsn.com](http://www.umcsn.com)

#### Vegas Family Doulas

Postpartum support, Placenta encapsulation, Meal Prep.  
(702) 907-6378 [www.vegasfamilydoulas.com](http://www.vegasfamilydoulas.com)

#### Well Rounded Momma

Private consultations, support groups, breastfeeding classes  
(702) 478-5080 [www.wellroundedmomma.com](http://www.wellroundedmomma.com)

#### Perinatal Mood and Anxiety Disorders (PMADs)

Encompass a range of mental health disorders. *You are not alone.* With help, you will be well. *"Speak Up When Down."*  
For immediate assistance contact:  
**(702) 970-8580 [www.MaternalMentalHealthNOW.org](http://www.MaternalMentalHealthNOW.org)**  
Gabrielle Kaufman, MA, LPCC, BC-DMT Director

### Women, Infants, & Children (WIC)

Starting healthy habits, growing brighter futures!  
WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to health and other social services to participants at no charge. WIC serves income eligible pregnant, postpartum and breastfeeding women, and infants and children up to age 5 who are at nutrition risk. Visit website for closest WIC clinic and store.

**1-800-863-8942**  
**702-249-0325**

[www.nevadawic.org](http://www.nevadawic.org)  
[www.itcnwic.org](http://www.itcnwic.org)

### Telephone Resources

#### Breastfeeding Helpline

Monday–Friday: 9 am–6 pm (*English and Spanish*)  
**(800) 994-9662** [www.Womenshealth.gov](http://www.Womenshealth.gov)

#### Infant Risk Center

Up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding  
Monday – Friday: 8am – 5pm  
**(806) 352-2519**

#### Work Life Law

Free legal hotline for Mothers who are or plan to pump after returning to work. (415) 703-8276

### Apps

**CentraCare Baby** (free)—resource to build confidence related to pregnancy, breastfeeding & adjustment to parenting

**Coffective** (free)—a tool to help pregnant women set and reach their goals

**LactMed** (free) - database of drugs and dietary supplements that may affect breastfeeding

**Breastfeeding Solutions** (\$6.99) – a guide to overcoming most common breastfeeding problems

### Local Facebook Groups & Blogs

#### Breastfeeding Welcomed Here

<https://www.facebook.com/BreastfeedingWelcomedHereNV>

#### Big Latch On-Las Vegas

<https://www.facebook.com/BigLatchOnLasVegas/>

#### Las Vegas Valley Homebirth

[www.facebook.com/groups/515057985176333/](http://www.facebook.com/groups/515057985176333/)

#### Southern Nevada Breastfeeding Coalition

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