

Infant Feeding & Lactation Support

Lactation Consultants & Educators:

Robin Kaplan, IBCLC

619-606-2211

<https://www.sdbfc.com/>

Rochelle McLean, IBCLC, CCE

760-940-BABY

www.babies-in-bloom.com

Mamas & Milk

(858) 218-6455

mamasandmilk.com

San Diego Community Birth Center

619-269-6969

<https://www.sdcommunitybirthcenter.com>

Night & Day: Whole Family Wellness

(619) 312-1832

<https://www.nightanddaysandiego.com/>

Breastfeeding Consultants of San Diego, LLC

619-677-2730

<https://www.bfcofsd.com/>

Tema Mercado

619-500-6552

<https://www.lamatrizbirth.com>

Melanie Cromwell, RN, IBCLC

619-228-6494

<https://www.sdbfc.com>

Ali Murray, BSN RN, IBCLC

619-228-6494

<https://www.sdbfc.com/>

Support and Resources for LGBTQ+ Families:

The San Diego Family Wellness Center

<https://www.sdfamilywellness.com/c-o-l-l-e-c-t-i-v-e>

Southern California Transgender Resources

<https://transfamilysos.org/transgender-local-san-diego-support-services/>

Natasha Weiss: Spectrum of Love Doula

www.spectrumoflovedoula.com

Support Groups:

Calendar of ALL FREE groups:

San Diego & North San Diego County

<http://www.sdbfc.com/support-groups>

Support for everyday of the week:

<https://breastfeeding.org/support-groups/>

Low-cost Lactation Support

San Diego Breastfeeding Center

619-606-2211

www.sdbfc.com/low-cost-clinic

San Diego Breastfeeding Coalition

[San Diego Breastfeeding](#)

[Comprehensive Resource Guide](#)

Milk Bank + Sharing:

University of California Health Milk Bank

858-249-6455

<https://uchealth.service-now.com/csp>

Mother's Milk Bank

<https://mothersmilk.org/get-milk/>

Human Milk Banking of North America

<https://www.hmbana.org/>