

# BIRTH WORKERS

## **BIRTH and POST PARTUM DOULAS**

www.DoulaCareCollective.com

[www.BirthRealm.com](http://www.BirthRealm.com)

## **LACTATION CONSULTANTS**

Caitlin O'Neill, IBCLC: 707-293-4685

Chris Moses, IBCLC: Sutter Women's  
Health, 707-576-4857

Rosanne Gephart, CNM,  
IBCLC:707-327-6911

Adrianna Arrizon, BS, IBCLC  
707-889-0608

Aly Sidjakov, lactation support &  
education: 707-812-7303

Better Beginnings, 707-902-3031, Free,  
in-home assistance.

For breastfeeding resources and groups:

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