

Lactation Rooms

Facility	Location	Access	Chair	Outlet	Breast pump	Privacy	Sink	Refrigerator	Microwave	Notes
LLU TMC	Floor 3: 3B-306B	Badge access	4 chairs	Yes	No	Room with door/lock, 1 partition available, multiple occupancy	Yes	Yes	Yes	Employees only
	Floor 5: 5B-423	No badge needed	1 chair	Yes	Medela Symphony	Room with door/lock, single occupancy	Yes	No	No	Employees only
	Floor 6: 6A-115	No badge needed	1 chair	Yes	No	Room with door/lock, single occupancy	Yes	No	No	Employees only
	Floor 7: 7C-133	No badge needed	1 chair	Yes	Medela Symphony	Room with door/lock, single occupancy	Yes	No	No	Employees only
	Floor 11: 11A-115	No badge needed	1 chair, 1 massage chair	Yes	No	Room with door/lock, single occupancy	Yes	No	No	Employees only
	Floor 12: 12A-115	No badge needed	1 chair, 1 massage chair	Yes	No	Room with door/lock, single occupancy	Yes	No	No	Employees only
	Floor 14: 14A-115	No badge needed	1 chair, 1 massage chair	Yes	No	Room with door/lock, single occupancy	Yes	No	No	Employees only
LLU CH & Vintage	3800: Room 3833	Badge access	2 chairs	Yes	Medela Symphony	Room with door, each chair with partition	Yes	No	No	Employees only
	3700: Room 3719	No badge needed	3 chairs	Yes	Medela Symphony	Room with door, each chair with curtain	Yes	No	No	Shared with patient families
	5300	No badge needed	1 chair	Yes	Medela Symphony	No room door, curtain only	No	No	No	Shared with patient families
	Lobby Level	2 nd floor children's hospital front desk has sign in sheet and key	1 chair	Yes	Medela Symphony	Room with door, single occupancy, sign in sheet and key	No	No	No	Shared with patient families
	A-Level Resident Lounge Room A590	LLU ID badge	2 separate rooms, 1 recliner each	Yes	No	Both rooms have locking doors	Yes	Yes	Yes	Breast milk only refrigerator in lactation room
LLU SH	Radiology Consult Room #L103	No badge needed (enter through door behind reception desk), Marianne Schul ext. 57087 with any issues	1 chair	Yes	No	Room with locking doors (lock both doors when using)	No	No	No	Employees only
	Radiology Consult Room #L162	No badge needed, Marianne Schul ext. 57087 with any issues	4 chairs	Yes	No	Room with locking door	No	No	No	Employees only; backup room (use only if #L103 is occupied)

Facility	Location	Access	Chair	Outlet	Breast pump	Privacy	Sink	Refrigerator	Microwave	Notes
LLU EC	Staff Room 118	9461*(star)	Couch	Yes	No	Locking door w/ curtain	Yes	Yes	No	Employees only; lockers available Refrigerators available @ 1100 nurse station RM 1121B & Employee break room RM 307A
LLU FMC (Faculty Medical Clinics)	1 st floor off of the mail room behind where wheelchairs are stored	Call Sherri Dart x25514 for access								2 stations
SACHS	2 nd Floor	LLU ID badge	1 Chair	Yes	No	Locking door and badge access	Yes	Yes	No	
	3 rd Floor	LLU ID badge		Yes	No	Room with locking door and badge access	Yes	Yes	No	
BHI	2 nd floor room 2205	Badge access	2 chairs, desk & computer	Yes	No	Private office	No	Yes	No	Employees only
LLUMC - Murrieta	Floor 1: 13025	No badge needed during business hours; outside of business hours please use door with badge reader	2 chairs	Yes	No	Room with door/lock; 1 partition available, occupancy for 2	No	No	No	Employees only
VA Main Hospital	2E-40	Code Access Wendy Zamora 909-825-7084 ext. 1400	2 chairs	Yes	No	Room with door and curtains	Yes	Yes	No	
VA ACC	Rm 3A382 near Delta Clinic A Wing	No special access	1 chair	Yes	No	Room with locking door	Yes	No	No	
RUHS Med Center	Nurse Staffing Office (Lower Level E0160 near Medicine Clinics) 1 st floor Room A1005 951-486-4672	Check in to receive room number & code	Couch and 1 chair	Yes	No	No partition between multiple mothers using space	Yes	Yes	No	Can leave breast pump bag in cupboard
RUHS MSC	MSC Building 2 nd floor Room M2108 (near MSC admin)	Private room with lock	Comfortable seating				Yes	Yes		
ARMC	L&D (3 rd floor)							Yes		
Riverside Community Hospital	GME Medical Office Building (diagonal from G Tower entrance)							Yes		14 sleep rooms, each with a bed, chair, desk, and nightstand
	Vintage Tower 1 st floor									
Kaiser Fontana	Contact Alexandra Velazquez at Alexandra.G.Velazquez@kp.org to be shown available rooms at the time of rotation.									

Breastfeeding Support:

- <https://lluh.org/mother-baby/our-services/classes-workshops>
 - Breastfeeding Basics Classes
 - Breastfeeding Support Group

Postpartum Depression Resources:

- Physician Vitality
 - <https://lluh.org/health-professionals/physician-vitality>
 - Dr. Barbara Hernandez: BHernandez@llu.edu or 909-558-6780
 - Dr. Pierre Scott: BPScott@llu.edu or 909-558-5256
- Physician Wellness
 - Psychiatry services for residents will now be offered by **Inland Psychiatric Medical Group**. (This is a preferred provider for Risk Management). For urgent matters, call or text Monique, the clinic manager at **(951) 500-2121**. She can set up an initial appointment for those who identify as residents here. Inland Psychiatric Medical Group has offices in 16 locations. Their information and other Risk Management preferred providers may be found in this directory: <https://myllu.llu.edu/livingwhole/preferredproviders/>
 - There are also a couple local (Risk preferred provider) therapists who specialize in postpartum/women's issues:
 - Courtney Jepson, LCSW: <https://www.psychologytoday.com/us/therapists/courtney-jepson-redlands-ca/705728>
 - Nichoel Kimmerle, LMFT: <https://www.nichoelkimmerle.com/>
 - Sarah Oh, LMFT: <https://www.sozofamily.org/meet-the-team>