
*The Alabama
Breastfeeding Committee*



***Statewide
Breastfeeding Support Group Directory
August, 2019***

Page Index

Page:	3	<i>Preface</i>
		<i>Breastfeeding Support Groups (by city)</i>
	4	Alabaster, Anniston, Athens, Auburn/Opelika
	5	Auburn/Opelika (continued), Bay Minette, Bessemer
	6	Bessemer (continued), Birmingham
	7	Birmingham (continued), Dothan
	8	Enterprise, Fairhope, Gadsden, Huntsville
	9	Huntsville (continued), Jasper, Madison
	10	Mobile, Monroeville
	11	Montgomery, Sheffield
	12	Tuscaloosa, Vestavia
		<i>La Leche League Groups (by city/area)</i>
	13	Auburn/Opelika, Birmingham/Alabaster
	14	Decatur, Florence, Huntsville
	15	Jacksonville, Mobile, Montgomery
	16	Shoals Area
	17	Tuscaloosa, Wiregrass/Enterprise/Dothan
		<i>Other Referral Sources</i>
	18	Medical Referrals: Anniston, Central Alabama
	19	Mother's Milk Bank of Alabama
	20	Sports Lactation Tents

THE ALABAMA BREASTFEEDING COMMITTEE

The purpose of this directory is to share current information regarding breastfeeding support groups in Alabama, so that mothers in need of assistance might be referred.

Entries are listed alphabetically by city in Alabama. Information is supplied by representatives of these groups and may be subject to change. Contact information is supplied for updates.

La Leche League information is located separately, after the hospital-based support groups, and can also be found at their website at www.lllallmsla.org

“Breastfeeding Support Groups” is also located on the ABC website at www.alabamabreastfeeding.org and at www.alabamapublichealth.gov/perinatal.

To make changes or additions in the directory, please contact Gayle Whatley at gwhatley53@bellsouth.net. Updates will be made on the websites upon receipt but will be only updated in the manual yearly, or as needed.

If interested in becoming a member of the Alabama Breastfeeding Committee, please submit the application that is located on our website at:

www.alabamabreastfeeding.org

This publication is free and may be shared.

* Baby Friendly Facility

** Better Bama Babies Facility (ABC Hospital Recognition Program)

Breastfeeding Support Groups

Alabaster

- Brookwood Baptist Breastfeeding Support Group
 - Brookwood Baptist Shelby Campus, 1000 1st Street North, Alabaster
 - Women's entrance – Prenatal Classroom
 - Thursdays, from 1p-3p
 - Call 205-877-1978, for more information

Anniston

- RMC Milk Drop
 - RMC Lactation Center, 400 East 10th Street, Anniston, Alabama
 - Wednesdays from 12n-2:00p.
 - Drop in for weight checks, questions for IBCLCs, or drop off donor milk
 - Call 256-235-5132, ext. 1, for more information

*Baby Friendly Facility
** Better Bama Babies Facility

Athens

- Athens Limestone Hospital Moms and Babies
 - Medical Office Building, 101 Fitness Way, Athens, Al
 - Meets Fridays, at 10a
 - Contact Glenni Lorick at 256-658-8210, for more info.

Auburn/Opelika

- Auburn/Opelika Mommies Breastfeeding Support Group
 - Women's Hope Family Life Center, Dean Road, Auburn, Al
 - Second Tuesday of each month from 6-7p, CST
 - Contact Angela Hamby at 334-332-1833

Auburn/Opelika (continued)

- Auburn/Opelika Mommies Breastfeeding Support Group
 - East Alabama Medical Center, Opelika, Alabama
 - Lactation Resource Center (near OB observation) follow the “fish” signs to elevator D.
 - Every Thursday from noon until 2p
 - For more information, call 334-528-3709
- *Baby Friendly Facility

Bay Minette

- North Baldwin Infirmary Baby Bistro
 - First United Methodist Church, Bay Minette, Alabama
 - 120 West Second Street, Bay Minette, Alabama
 - First Tuesday of each month, from 10a-12n
 - Call 251-239-2296, for more information
- *Baby Friendly Facility
**Better Bama Babies Facility

Bessemer

- Brookwood Baptist Breastfeeding Support Group
 - Pleasant Hill United Methodist Church, 4809 Bell Hill Rd., Bessemer, Al.
 - Enter main sanctuary. Church Parlor is on the left
 - Meets on Mondays, from 10a-12n
 - Call 205-877-1978, for more information or lactation assistance.
- *Princeton Baptist – Baby Friendly Facility
** Brookwood Baptist – Better Bama Babies Facility

- Chocolate Milk Mommies
 - UAB Medical West, 995 9th Avenue S.W., Bessemer
 - Women’s Center – 4th floor of main hospital – Room 454
 - First Saturday of each month, from 11a-12:30p
 - Contact Jennifer Miller at 205-538-1756, for more info

Birmingham

- Brookwood Baptist Breastfeeding Support Group – Princeton Area
 - 6th Avenue Baptist Church, 1101 Martin Luther King Drive, Birmingham, Al
 - 2nd floor John Thomas Porter Building
 - Meets on Mondays, from 1p-3p
 - Call 205-877-1978, for more information or lactation assistance.
 - *Princeton Baptist – Baby Friendly Facility
 - ** Brookwood Baptist – Better Bama Babies Facility
- Brookwood Baptist Breastfeeding Support Group (Greystone)
 - Church of Brook Hills (at Greystone), 3145 Brook Highland Parkway, Room 306, Birmingham, Alabama
 - Meets on Tuesdays, from 1p-3p
 - Call 205-877-1978, for more information or lactation assistance.
 - **Brookwood Baptist – Better Bama Babies Facility
- Chocolate Milk Mommies
 - East Lake United Methodist Church, 7753 1st Avenue South, Birmingham, Al
 - Meets the second Saturday of each month, from 11a-12:30p
 - Call Jennifer Miller, at 205-538-1756, for more information.

- St. Vincent's Hospital Baby Café
 - 810 St. Vincent's Drive, Birmingham, Alabama
 - 4th floor of Women's and Children's Center
 - Tuesdays and Wednesdays, from 1p-3p
 - Call 205-212-6667, for more information

- St. Vincent's 119 Baby Café
 - 7191 Cahaba Valley Road, Birmingham, Alabama - Location posted weekly at the 119 Building
 - Wednesday from 10a-12n
 - Call 205-408-6600, for more information

- St. Vincent's Baby Café at St. Vincent's East
 - 50 Medical Park Drive East, Birmingham, Alabama
 - Second floor – Classroom #4
 - Meets each Friday, from 10-12
 - Call 205-212-6667, for more information

Dothan

- Southeast Health Women's Center
 - 1108 Ross Clark Circle, 2nd Floor Women's Center, Dothan, Alabama
 - First and Third Thursdays, from 10a-12n.
 - Call 334-673-4141, for more information

- Nourish Breastfeeding Support Group
 - Church at the Crossing, 208 TV Road, Dothan, Al.
 - Meets the 2nd and 4th Wednesday of each month, from 10a-12n
 - Call Beth Turner at 334-803-1227 or Keitha Lanley, at 334-200-6572, for more information.

Enterprise

- Breastfeeding Support Group of Enterprise
 - Women's Center Conference Room, Medical Center Enterprise, 400 North Edwards Street, Enterprise, AL
 - Meetings on the second Tuesday of each month, from 9a-10:30a, and on the fourth Tuesday, from 5:30-7:30.
 - For more information or to RSVP, call 334-348-8828

Fairhope

- Eastern Shore Baby Café
 - Fairhope Gynecology and Obstetrics, 19450 Greeno Rd., Fairhope
 - Meets on Wednesdays, from 12n-1:30p
 - Call 251-279-1175 or 251-279-2004 for info
 - Check Eastern Shore Baby Café on Facebook for up to date location and schedule

Gadsden

- Gadsden Breastfeeding Support Group
 - Gadsden Regional Medical Center, 500 Building Conference Room, Gadsden, AL
 - Meets last Tuesday, from 5p-7p
 - Call 256-494-4334 or 256-494-4231, for more information.

Huntsville

- Breastfeeding Support Group
 - Huntsville Hospital Women and Children Breastfeeding Support Services, 245 Governors Dr. SE, Ground Floor Classroom, Huntsville
 - Meets Tuesdays, from 10a-11:30a AND first Saturdays, from 10a-11:30a
 - Call 256-265-7285, for more information

- Mommie's Milk Meet Up
 - A Nurturing Moment, 7540 Memorial Parkway SW, Suite B, Huntsville,
 - Meets 1st Monday and 3rd Saturday of each month, at 10a.
 - Contact Glenni Lorick at 256-489-2590, for more info.
- Crestwood Medical Center
 - Crestwood Women's Center, Community Room, 185 Chateau Drive, Huntsville, Al (behind Starbucks, across from Crestwood Medical Center)
 - Meets Thursdays from 10:30a-12n, OR Wednesdays, from 5p-6:30p
 - Call 256-429-5250, for more information

Jasper

- Pregnancy Test and Resource Center
 - New Mom's Support Group, 1707 2nd Avenue, Jasper, Al
 - Meets 1st and 3rd Tuesdays, from 1p-3p
 - May contact Ashley Sims at 205-221-5860, or email at ptrcjasper@gmail.com

Madison

- Madison Hospital Breastfeeding Support Groups
 - Madison Hospital, Wellness Center Building
 - 8375 Hwy. 72 West, Madison, Al.
 - Meets Mondays from 10:30a-12:30p, and Thursdays, from 6:30p- 8:30p.

Extended Breastfeeding Group (for Mom's who breastfeed their child beyond 12 months)

- Meets on the 2nd Friday of each month, from 10:30a-11:30a
- Located in the Wellness Center Classroom.

*Baby Friendly Facility

**Better Bama Babies Facility

Mobile

- The BFF Group
 - USA Children's and Women's Hospital, The Allen Cox Building, 205 Lambert Avenue, Mobile, Al.
 - Meets every Monday, from 5:30p-7:00p
 - Contact 251-410-4517 (Genevieve Mantell)

- Mother's Milk Club for NICU Moms
 - Meets every Monday at 3p, for NICU Moms at USA Women's and Children's
 - May call 251-415-1271, for more information

- TLC: The Lactation Circle – Mobile County WIC Patients
 - Mobile County Health Department, 251 Bayou Street, Second Floor, Room 260, Mobile, Al.
 - Meets every third Wednesday, at 10a
 - Contact Meredith Gardner, at 251-690-8986, for more information

Monroeville

- Mom's Support Group
 - Monroe County Hospital, Large Classroom, 2016 S. Alabama Avenue, Monroeville, Al
 - Meets every other week on Friday **or** Saturday morning, from 10-12.
 - Call 251-743-7458, and ask for Cindy, for more details or go to <https://www.facebook.com/mchbumpsandbabies>

*Baby Friendly Facility

Montgomery

- Baptist East
 - East Montgomery Imaging Center (located behind Baptist East), 6880 Winton Blount Blvd., Montgomery. Enter through the main doors and the classroom is to your right.
 - Meets every other Monday – Please call for dates and time
 - Call Lactation Center at 334-747-8360, for more information

Sheffield

- Helen Keller Hospital
 - Keller Wellcare Center, 1300 S. Montgomery Avenue, Sheffield
 - Fridays from 10a-12n
 - For more information, call 256-386-4162 or 256-386-4526

Trussville

- Brookwood Baptist Medical Center Support Group
 - Trussville First Baptist Church
 - 128 North Chalkville Road, Room 138, Trussville, Al.
 - Room 138 (next to prayer room)
 - Meets on Tuesdays, from 10a-12n.
 - Call 205-877-1978, for more information or lactation assistance
**Better Bama Babies Facility
- St. Vincent's Baby Cafe
 -
 - 50 Medical Park Drive East, Birmingham, Al
 - Second Floor, classroom #4
 - Meets Fridays, from 10a-12n
 - Call 205-212-6667, for more information

Tuscaloosa

- Tuscaloosa County WIC Support Group
 - Tuscaloosa County Department of Public Health, Community Room, 2350 Hargrove Road East, Tuscaloosa, Al.
 - Meets the first Thursday of even months, from 12:30-2:00 (February, April, June, August, October, December)
 - Call 205-562-6900, for more information

Vestavia

- Brookwood Baptist Breastfeeding Support Groups
 - Redstone Church
 - 600 Montgomery Highway, Vestavia, Al. (Parking and entrance behind Newk's)
 - Meets on Thursdays, from 10a-12n
 - Call 205-877-1978, for more information or lactation assistance.
**Better Bama Babies Facility

La Leche League Meetings

Auburn/Opelika

- La Leche League of Auburn/Opelika
 - Cornerstone Family Chiropractic, 323 Airport Road, Auburn, AL
 - For more information, call Marcie Gaylor at 256-746-5530, or
 - Josie Ettinger at 334-740-8780

Birmingham/Alabaster

- La Leche League of Birmingham South and La Leche League of Shelby County host meetings each month.
 - Virtual Meetings will be held monthly via Facebook. Please check our Facebook Page Events for more information.
 - Madison (601) 938-0338 Mgr427@gmail.com
 - Dawn (205) 988-0594 or bhamlalecheleague@att.net
 - Jackie (361) 648-9329 Jackiechapa@ymail.com
 - Kris (205) 520-6672 kris.holt29@gmail.com
 - Facebook Page: <https://www.facebook.com/pages/La-Leche-League-Birmingham-Alabama/1384687755165924>

Decatur

- La Leche League of Morgan County
 - Meets at 1107 London PL SW Decatur, AL 35603, on the 3rd Monday of each month, at 6p
 - Email: lllofmorgancounty@gmail.com
 - Facebook: La Leche League of Morgan County (page) and LLL of Morgan County Group (closed group)
 - Bethany (256) 345-2677
 - Paige (256) 874-3617
 - Stephanie (256) 325-6780 or (256) 348-9700

Florence

- La Leche League of Lauderdale County
 - Eliza Coffee Medical East, Basement, 2111 Cloyd Avenue, Florence, Al.
 - Meetings on the first Sunday of every month, from 6p-7:30p
 - Facebook page: <https://facebook.com/groups/LLLofLauderdaleCounty/>
 - LLL Page: http://www.llli.org/groups/@llli*group*lauderdale.county

Huntsville

- La Leche League of Huntsville
 - Meets ONLINE on the 3rd Thursday of the month, at 9:15a, via Facebook group (LLL of Hsv Online Meeting Group). You must request to join the group!
 - Contact Stephanie at 205-234-5792 (stephaniecastoclark@gmail.com), OR Rachel at 512-560-8609, for more information.

Jacksonville

- La Leche League of Jacksonville
 - Second Tuesday, from 6p-8p
 - Facebook: <https://www.facebook.com/LLLofNortheastAlabama>
 - Leader: Katie Worman Ross (256) 452-1622

Mobile

- La Leche League of Mobile
 - Day meetings will now be on the 3rd Monday of each month at 10:30 am.
 - www.facebook.com/La-Leche-League-Mobile-Bay-Area-135499483134810/
 - La Leche League Leaders are available by phone and email:
 - Michelle: 251.656.5249 michelleLLLmobile@yahoo.com

Montgomery

- La Leche League of Montgomery
 - Email your name, phone number and message to LLL.Montgomery.AL@gmail.com and a volunteer leader will contact you.
 - Our free monthly meetings are subject to change on occasion. Please join our email list or Facebook page for meeting announcements and alerts on such occasions. You will also be informed about our online meetings through our Facebook group and Google Hangout video chats.
 - Facebook www.fb.com/LLL.Montgomery.AL
 - Online Meeting group www.fb.com/groups/135173467150747/
 - Email list LLL.Montgomery.AL@gmail.com
 - Group website <https://lllmontgomeryal.weebly.com/>

Shoals Area

- La Leche League of The Shoals
 - Series Meetings: First Saturday of every month from 11:00 am to noon in the Meeting Room at Trojan House Restaurant 2415 Avalon Avenue Suite A in Muscle Shoals, Alabama. (You may park in front or rear parking lots. Park in rear of building to enter meeting room directly.)
 - Enrichment Meetings: Third Tuesday of every month from 11am to noon in the Reading Room at Florence Lauderdale Public Library 305 N. Wood Street in Florence, Alabama. (the Reading Room is located on the second floor on the west side, in the reference section.)
 - Toddler Meetings: Third Friday of every month from 11:00 am to noon in the Meeting Room at Trojan House Restaurant
 - Please contact an accredited Leader for breastfeeding help and for additional information about meetings and Group events:
 - ACCREDITED LEADERS:
 - In Colbert County:
 - Sue: 256-320-8084
 - Leighanne: 256 577 2868
 - In Franklin County:
 - Rebecca: 256-460-0640
 - In Lauderdale County:
 - Katie: 256-443-0754
 - Alisha 256-436-5867

Join us on the closed Facebook group:

<https://www.facebook.com/groups/LLofLauderdaleCounty/>

Tuscaloosa

- La Leche League of Tuscaloosa
 - Meets on the first Thursday of each month at 10 am at Covenant Presbyterian Church, 113 Hargrove RD., Tuscaloosa, AL
 - Call Jessica Tuggle at 205-410-1934, for more information

Wiregrass/Enterprise/Dothan

- La Leche League of Wiregrass/Enterprise/Dothan Area
 - The group meets monthly, the 2nd Tuesday of the month at 10am at the Commons on 7th on Fort Rucker, The Commons Playroom Bldg 8950, 7th Avenue, Ft. Rucker, AL
 - Our website is: <http://www.wiregrasslll.com/>
 - Email: wiregrasslll@gmail.com
 - Facebook page: <http://www.facebook.com/wiregrassLLL>
 - Facebook group: <https://facebook.com/groups/306454446225039/>
 - Leaders are: Megan Holmes and Sabrina Rinaldi
 - For breastfeeding help, please call: 334-377-3811

Medical Referrals

- **Anniston**

Alabama Breastfeeding Medicine Clinic – Joshua Johansson, MD, ACOG, IBCLC

- Mission

To serve as a medical resource for women in the region with breastfeeding difficulties. To educate, support, and promote breastfeeding in Alabama.

- <http://www.alabamabreastfeedingmedicine.com>
- (256) 241-0885

- **Central Alabama**

Heidi Powell, RN, BSN, IBCLC – Private Practice Lactation Consultant

- Provides home visits, including education and support, weighted feedings, and assistance with breastfeeding difficulties. Insurance information provided to obtain reimbursement for services.
- 205-543-0529 or see website, at <http://centralalabamalactationservices.com> or <https://www.facebook.com/Central-Alabama-Lactation> -



Mother's Milk Bank of Alabama
107 Walter Davis Drive
Birmingham, Alabama 35209

www.mmbal.org

Contact donors@mmbal.org, if you would like to know more about donating pumped milk

Contact info@mmbal.org, if you would like to learn more about purchasing pasteurized donor human milk



Lactation Tents at College Football Stadiums

University of Alabama – Tuscaloosa



The UA Lactation Tent serves mothers who wish to breastfeed or pump in privacy. The tent is open on all football home game days. The location is on the Quad this year, for mothers who spend time on the Quad or various locations around the UA campus before entering the stadium. The tent will open four hours prior to kick-off and will begin to break down one hour prior to kick off.

Auburn University – Auburn



Tiger Babies has locations both inside and outside the stadium. The following stations will be available for every home game. The tent will be located at Gate 0/1 and will be open 3 hours prior to kickoff. A second station is conveniently located within the First Aid station (North entrance) inside the Auburn Arena. There are multiple privacy stations available throughout Jordan Hare Stadium, including the Mamava pod on the Concourse at Section 43, West Upper Deck by Section 51, East Upper Deck by Section 103, and East Club Level. Each of these stations will be identified with a “Tiger Babies” logo on the door and all breastfeeding stations are designated on the game day map.

The arena location is available for all events such as basketball, gymnastics, and graduation ceremonies. Families attending softball games will find a convenient location within the first aid station at Jane Moore Field. Please come visit us at any of these locations. War Eagle and welcome to the Tiger Babies family.