

Alabama WIC Breastfeeding Resource Guide 2025-26



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| Autauga | 9 | Conecuh | 12 | Houston | 15 | Morgan | 22 |
| Baldwin | 9 | Coosa | 12 | Jackson | 15 | Perry | 22 |
| Barbour | 10 | Covington | 12 | Jefferson | 16 | Pickens | 23 |
| Bibb | 10 | Crenshaw | 13 | Lamar | 17 | Pike | 23 |
| Blount | 10 | Cullman | 13 | Lauderdale | 17 | Randolph | 23 |
| Bullock | 11 | Dale | 13 | Lawrence | 17 | Russell | 23 |
| Butler | 11 | Dallas | 13 | Lee | 17 | Shelby | 23 |
| Calhoun | 11 | Dekalb | 13 | Limestone | 18 | St. Clair | 23 |
| Chambers | 11 | Elmore | 13 | Lowndes | 18 | Sumter | 24 |
| Cherokee | 11 | Escambia | 14 | Macon | 18 | Talladega | 24 |
| Chilton | 11 | Etowah | 14 | Madison | 19 | Tallapoosa | 24 |
| Choctaw | 11 | Fayette | 14 | Marengo | 20 | Tuscaloosa | 24 |
| Clarke | 11 | Franklin | 15 | Marion | 20 | Walker | 25 |
| Clay | 12 | Geneva | 15 | Marshall | 20 | Washington | 25 |
| Cleburne | 12 | Greene | 15 | Mobile | 20 | Wilcox | 25 |
| Coffee | 12 | Hale | 15 | Monroe | 21 | Winston | 25 |
| Colbert | 12 | Henry | 15 | Montgomery | 21 | | |

Resources are current as of 10/1/2025.

WIC Supports Breastfeeding

A major goal of the WIC Program is to improve the nutritional status of infants. Recognizing breast milk as the ideal first food for infants, the American Academy of Pediatrics recommends that infants be exclusively breastfed for the first six months, then continue to receive breast milk, in addition to complementary foods, for two years (or longer, as desired). The Alabama WIC Program encourages WIC mothers to choose breastfeeding in the following ways:

- WIC mothers are provided with breastfeeding information and education during pregnancy and throughout each stage of the breastfeeding journey to help them meet their breastfeeding goals.
- WIC mothers have free access to 24/7 breastfeeding and infant feeding support through the Pacify app, which virtually connects mothers with IBCLCs at the press of a button on their smartphone.
- Breastfeeding mothers receive an expanded WIC food package - larger amounts and varieties of foods.
- Breastfeeding mothers are eligible to participate in WIC until their child's first birthday.
- WIC breastfeeding mothers receive personalized breastfeeding support and access to WIC Designated Breastfeeding Experts (DBEs) - IBCLCs and other professional staff with advanced breastfeeding education and training - to help prevent and/or resolve common breastfeeding problems. All WIC staff receive breastfeeding support training appropriate to their roles and scopes of practice.
- WIC Breastfeeding Peer Counselors are available in numerous counties to provide mom- to-mom breastfeeding encouragement and support.
- WIC breastfeeding mothers may be eligible to receive breastfeeding aids, such as breast pumps and other breastfeeding items, to help support the initiation and continuation of breastfeeding.

To expand the "landscape of support for babies and families" envisioned by United States Breastfeeding Committee, Alabama WIC updates the Breastfeeding Resource Guide annually and welcomes submissions from individuals, coalitions, and organizations that provide breastfeeding support services in Alabama.

Alabama WIC Program

District Nutrition Directors

EAST CENTRAL

Jennifer Capps, RD
334-567-1171

JEFFERSON

Natalie Clements, RD
205-558-2144

MOBILE

Monique McMillan, MS, RD
251-690-8829

NORTHERN

Jessie Simmons, MS, RD
256-560-6574

NORTHEASTERN

Amy Minish, RD
256-237-7523
*Calhoun, Cherokee, Clay,
Cleburne, Randolph,
St. Clair, Talladega*

Reba Brannan, MPH, RD
205-685-4197
*Blount, DeKalb,
Etowah, Shelby*

SOUTHEASTERN

Angela Stevens, RD
334-687-4808

SOUTHWESTERN

Stacy Lewis, RD
251-946-8040

WEST CENTRAL

Laura Griffin, RD
205-562-6900



Alabama WIC Clinics Directory

| East Central | | Jefferson County | | Mobile County | | Northern | |
|-------------------|--------------|------------------|--------------|-------------------|--------------|-------------------|--------------|
| Autauga County | 334-361-3743 | Central | 205-930-1119 | Keeler | 251-690-8829 | Colbert County | 256-383-1231 |
| Bullock County | 334-738-3030 | Western | 205-715-6130 | Southwest | 251-602-8451 | Cullman County | 256-734-1030 |
| Chambers County | 334-756-0758 | Eastern | 205-510-3404 | Citronelle | 251-866-5940 | Franklin County | 256-332-2700 |
| Coosa County | 256-377-1068 | | | Eight Mile | 251-457-4186 | Jackson County | 256-259-4161 |
| Elmore County | 334-567-1171 | | | Semmes | 251-445-0581 | Lauderdale County | 256-764-7453 |
| Lee County | 334-745-5765 | | | | | Lawrence County | 256-974-1141 |
| Lowndes County | 334-548-2564 | | | | | Limestone County | 256-232-3200 |
| Macon County | 334-727-1800 | | | | | Madison County | 256-533-0826 |
| Montgomery County | 334-293-6450 | | | | | Huntsville Hosp. | 256-265-4961 |
| Training Clinic | 334-270-9263 | | | | | Redstone | 256-876-2798 |
| Russell County | 334-297-0251 | | | | | New Hope | 256-723-4199 |
| Tallapoosa County | | | | | | Marion County | 205-921-3118 |
| Alex City | 256-329-0531 | | | | | Marshall County | 256-582-3174 |
| Dadeville | 256-825-9203 | | | | | Morgan County | 256-560-6574 |
| | | | | | | Winston County | 205-489-2101 |
| Northeastern | | Southeastern | | Southwestern | | West Central | |
| Blount County | 205-274-2120 | Barbour County | 334-687-4808 | Baldwin County | | Bibb County | 205-926-9702 |
| Calhoun County | 256-237-7523 | Butler County | 334-382-3154 | Bay Minette | 251-937-6935 | Chilton County | 205-755-1287 |
| Cherokee County | 256-927-3132 | Coffee County | 334-347-9574 | Robertsdale | 251-946-8040 | Fayette County | 205-932-5260 |
| Clay County | 256-396-6421 | Covington County | 334-222-1175 | Foley | 251-943-7260 | Greene County | 205-372-9361 |
| Cleburne County | 256-463-2296 | Crenshaw County | 334-335-2471 | Choctaw County | 205-459-4026 | Hale County | 334-624-3018 |
| Dekalb County | 256-845-1931 | Dale County | 334-774-5146 | Clarke County | 251-275-3772 | Lamar County | 205-695-9195 |
| Etowah County | 256-547-6311 | Geneva County | 334-684-2257 | Conecuh County | 251-578-1952 | Perry County | |
| Randolph County | 334-863-8981 | Henry County | 334-585-2660 | Dallas County | 334-877-2809 | Marion | 334-683-6155 |
| St. Clair County | | Houston County | 334-678-2800 | Escambia County | | Uniontown | 334-628-6226 |
| Ashville | 205-594-4919 | Pike County | 334-566-5744 | Atmore | 251-368-9188 | Pickens County | 205-367-8157 |
| Pell City | 205-338-3357 | | | Brewton | 251-867-5765 | Sumter County | 205-652-2320 |
| Shelby County | 205-685-4197 | | | Poarch | 251-368-9136 | Tuscaloosa County | 205-562-6900 |
| Talladega County | | | | Marengo County | 334-295-4205 | Maude Whatley | 205-614-6139 |
| Talladega | 256-362-2593 | | | Monroe County | 251-575-3109 | Walker County | 205-221-9775 |
| Sylacauga | 256-249-3807 | | | Washington County | 251-847-2245 | | |
| | | | | Wilcox County | 334-682-4515 | | |

Glossary of Abbreviations

| | |
|------------------|---|
| ADPH | Alabama Department of Public Health |
| BSN | Bachelor of Science degree in Nursing |
| CBS | Certified Breastfeeding Specialist, credentialed by Lactation Education Resources |
| CCCE | Certified Childbirth Educator, credentialed by Childbirth and Postpartum Professional Association (CAPPa) |
| CIMI | Certified Infant Massage Instructor, certified by the International Association of Infant Massage (IAIM) |
| CLC | Certified Lactation Counselor, credentialed by The Academy of Lactation Policy and Practice (ALPP) |
| CPR | Cardiopulmonary Resuscitation |
| DTR | Dietetic Technician, Registered, credentialed by the Commission on Dietetic Registration (CDR) |
| IBCLC/RLC | International Board Certified Lactation Consultant/Registered Lactation Consultant, credentialed by International Board of Lactation Consultant Examiners (IBLCE) |
| INHC | Integrative Nutrition Health Coach, credentialed by the Institute for Integrative Nutrition |
| LCCE | Lamaze Certified Childbirth Instructor, credentialed by Lamaze International |
| LD | Licensed Dietitian, licensed by the AL Board of Examiners for Dietetics and Nutritionists |
| LLC | Limited Liability Company, a business structure, recognized by all states, that is a hybrid of a corporation and a partnership |
| MA | Master of Arts degree |
| MNN | Maternal Newborn Nursing |
| MPH | Master of Public Health degree |
| MS | Master of Science degree |
| NA | Nutrition Associate (WIC) |
| NDTR | Nutrition and Dietetics Technician, Registered, credentialed by the Commission on Dietetic Registration (CDR) |
| NICU | Neonatal Intensive Care Unit |
| NM | Nurse Manager |
| RD/RDN | Registered Dietitian/Registered Dietitian Nutritionist, credentialed by the CDR |
| RLC | Registered Lactation Consultant, must also be an IBCLC |
| RN | Registered Nurse, licensed by State Boards of Nursing for practice under that state's nurse practice laws, after passing a national licensing exam |
| WHNP-BC | Women's Health Nurse Practitioner-Board Certified, specializes in comprehensive care of women throughout the lifespan; licensed for advanced practice nursing by State Boards of Nursing under that state's advanced nurse practice regulations, after passing a national certification exam |
| WIC | The Special Supplemental Nutrition Program for Women, Infants, and Children, a program of the United States Department of Agriculture intended to safeguard the health of low-income pregnant, postpartum, and breastfeeding women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including breastfeeding promotion and support, and referrals to health care. |

STATEWIDE RESOURCES AND VIRTUAL PROVIDERS

Alabama Breastfeeding Committee (ABC)

Website: alabamabreastfeeding.org

Beth Donaldson, RN, IBCLC– Chair

Email: Beth.laborrn@gmail.com

- Promoting, supporting, and protecting breastfeeding in Alabama
- Better Bama Babies Hospital Recognition Program
- Breastfeeding-Friendly Workplace Recognition Program
- Alabama Breastfeeding-Friendly Childcare Certification Program

Alabama Cooperative Extension Service (ACES)

Website: ACES.edu

- Research-based breastfeeding education -
<https://www.aces.edu/blog/topics/home-family/breastfeeding-benefits-whats-in-it-for-mom/>

Help Me Grow Alabama

Alabama Parenting Assistance Line (PAL)

1-866-962-3030

Website: helpmegrowalabama.org/parenting-assistance-line/

La Leche League - Alabama, Louisiana, Mississippi, and Arkansas

Website: llalmsla.org

Face Book: facebook.com/LaLecheLeagueUSA

- Alabama La Leche League Meetings Directory -
alabamabreastfeeding.org/alabama-la-leche-league-meetings
- Online support
- Virtual meetings

Little Ones Lactation Services

678-653-5657

Website: littleoneslactation.org

Face Book: facebook.com/littleoneslactation

Rebekah Lewis, BSN, RN, IBCLC

Email: rebekah@littleoneslactation.org

- Virtual visits
- Breastfeeding classes
- Breastfeeding consultations
- Breastfeeding support group
- After-hours breastfeeding support

Mother's Milk Bank of Alabama – Depot Locations

- A Nurturing Moment - Huntsville
Huntsville, AL 35802
(325) 939-4141
anurturingmomentmidwife@gmail.com
- RMC Lactation Services
400 E 10th St
Anniston, AL 36207
(256) 235-5132 ext. 1 to schedule
lactationalabama@gmail.com
- Monogram Maternity
UAB St. Vincent's Women and Children's Center
Birmingham, AL 35205
(205) 212-6667 by appointment
sbrooker@uabmc.edu
- Mothers' Milk Bank of Alabama
Birmingham, AL 35209
(205) 734-0520
info@mmbal.org
- Jackson Hospital Family Birth Center
1725 Pine St
Montgomery, AL 36106
(334) 293-8497 by appointment
Karen.colburn@jackson.org
- Southeast Health
1108 Ross Clark Circle
Dothan, AL 36301
(334) 673-4141
amhallford@southeasthealth.org
- Women's Health Alliance of Mobile
1720 Springhill Ave. Ste 400
Mobile, AL 36604
(251) 435-7700 by appointment
Melinda.Patin@infirmaryhealth.org
Susan.Weaver@infirmaryhealth.org

Alabama Providers Offering Telehealth/ Virtual Consultations

- Alma Adora (Pages 10, 13, 16, 20, 25)
- Athens-Limestone Hospital (Page 18)
- Birmingham Breastfeeding (page 16)
- Gulf Coast Lactation (Pages 9, 20)
- Helen Keller Hospital (Page 12)
- Huntsville Hospital (Page 19)
- La Leche League (Page 8)
- Little Ones Lactation Services (Page 8)
- Maxwell AFB New Parents Support Program (Pages 9, 14, 21)
- Milk Clinic, LLC (Pages 9, 20)
- River Region Lactation, LLC (Pages 9, 14, 22, 23)
- Village Maternal Services (Page 22)

AUTAUGA COUNTY

ADPH Autauga County Health Department WIC Clinic, Prattville

334-361-3743

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

La Leche League – Montgomery Area

LLL.Montgomery.AL@gmail.com

Maxwell Air Force Base New Parent Support Program

334-953-2434

Laura Pasko, RN, BSN, LCCE, CLC, CIMI, IBCLC

- Serving active-duty military families and retirees (pregnant and/or with children up to 3 years old)
- Breastfeeding Classes
- Breastfeeding consultations – virtual, office, and in-home (counties within 40 miles of Maxwell AFB)

River Region Lactation, LLC

334-219-0110

Website: rlactation.com/

Email: gethelp@rlactation.com

Face Book: facebook.com/RiverRegionLactation

Instagram: instagram.com/RiverRegionLactationPLLC

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, and Troy
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available

The Wellness Coalition – REACH Program Baby Café Program & Breastfeeding Continuity of Care Resources

(334) 293-6502

Website: thewellnesscoalition.org/babycafe/

Face Book: <https://facebook.com/thewellnesscoalition>

Email: bgomez@thewellnesscoalition.org

- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

BALDWIN COUNTY

ADPH Baldwin County Health Department WIC Clinic, Bay Minette

251-937-6935

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Baldwin County Health Department WIC Clinic, Robertsedale

251-946-8040

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Baldwin County Health Department WIC Clinic, South Baldwin/Foley

251-943-7260

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Gulf Coast Lactation

251-455-8928

Ellen “Scotty” Thomson, RN, BSN, IBCLC

Website: gulfcoastlactation.com

Email: gulfcoastlactation@gmail.com

Face Book: Gulf Coast Lactation

- Serving Baldwin and Mobile Counties
- Breastfeeding consults – in-home and virtual
- Prenatal breastfeeding education
- Breastfeeding support group
- Weekend appointments
- Breast pump education & flange fitting

La Leche League – Baldwin County

251-504-9895

Email: rosamundelizabeth@gmail.com

Milk Clinic, LLC

251-504-9895

Rosie Se, Certified Advanced Lactation Specialist

Website: milkclinic.com

Email: rosie@milkclinic.com

Face Book: 222.facebook.com/milkclinic

Instagram: instagram.com/milk.clinic

- Serving Baldwin and Mobile Counties
- Telehealth/virtual services available globally for pregnant and breastfeeding parents

North Baldwin Infirmary, Bay Minette

Baby-Friendly USA Designated Hospital

251-239-2296

Website: infirmaryhealth.org/services/womens-health

Email: McKenzie.Benton@InfirmaryHealth.org

- Breastfeeding consultations
- Insurance accepted (inpatient services)
- Prenatal breastfeeding classes – call to confirm availability
- Breastfeeding support group – call to confirm availability

South Baldwin Regional Medical Center

251-949-3672

- Inpatient breastfeeding support
- Post-discharge breastfeeding support

Thomas Hospital - Lactation Department

251-279-2004

Website: infirmaryhealth.org/services/womens-health

- Prenatal breastfeeding classes
- Breastfeeding consultations
- Insurance accepted (inpatient)
- Breastfeeding support group
- Breastfeeding accessories
- Provider/staff education

BARBOUR COUNTY

ADPH Barbour County Health Department

WIC Clinic, Eufaula

334-687-5950

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

BIBB COUNTY

ADPH Bibb County Health Department

WIC Clinic, Centreville

205-926-9702

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

BLOUNT COUNTY

ADPH Blount County Health Department

WIC Clinic, Oneonta

205-274-2120

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Alma Adora Lactation

205-743-9710

Website: almaadoralactation.com

Face Book: facebook.com/AlmaAdoraLactation

Kimberly Greer, RN, IBCLC

Email: kimberlygreer@almaadoralactation.com

- Serving Blount, Jefferson, Walker, Cullman, and Marshall Counties
- Home and virtual visits
- Prenatal breastfeeding education
- Breastfeeding/chestfeeding consultations
- After-hours breastfeeding support
- Flange fittings, pumping consults

Central Alabama Lactation Services

205-543-0529

Heidi Powell, RN, IBCLC

Jenny Mizzell, RN, IBCLC

- Prenatal breastfeeding classes
- In-home visits

Community Action Partnership of North Alabama-Head Start

256-260-3140 or 256-278-6788

Crystal Terry, MA, CLC

Cullman Regional Medical Center

256-737-2221 or 256-737-2000

Website: cullmanregional.com

Face Book: Facebook.com/CullmanRegionalMedicalCenter

- Serving Blount, Winston, Cullman, Morgan, and Marshall Counties
- Obstetric and postpartum women and newborns up to one year
- Prenatal breastfeeding classes
- Breastfeeding consultations
- After-hours breastfeeding support

BULLOCK COUNTY

ADPH Bullock County Health Department

WIC Clinic, Union Springs

334-738-3030

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

BUTLER COUNTY

ADPH Butler County Health Department

WIC Clinic, Greenville

334-382-3154

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

CALHOUN COUNTY

ADPH Calhoun County Health Department

WIC Clinic, Anniston

256-237-7523

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Northeast Alabama/Regional Medical Center (RMC) Health System

Baby-Friendly USA Designated Hospital

256-235-5132

- Prenatal breastfeeding classes
- Postpartum breastfeeding support group

Women's Health Physicians & Surgeons

256-405-0161

Website: WomensHealthps.com

Face Book: facebook.com/share/1FHWpHmRMF

- Prenatal Breastfeeding Classes
- Individual Breastfeeding Consultations

CHAMBERS COUNTY

ADPH Chambers County Health Department

WIC Clinic, Valley

334-756-0758

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Lanier Memorial Hospital

334-756-1625

- Prenatal breastfeeding classes

CHEROKEE COUNTY

ADPH Cherokee County Health Department

WIC Clinic, Centre

256-927-3132

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

Dekalb Regional Medical Center

256-997-2423 or 256-997-2425

Website: dekalbregional.org/services/maternity-services/

CHILTON COUNTY

ADPH Chilton County Health Department

WIC Clinic, Clanton

205-755-1287

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

CHOCTAW COUNTY

ADPH Choctaw County Health Department

WIC Clinic, Butler

205-459-4026

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

CLARKE COUNTY

ADPH Clarke County Health Department

WIC Clinic, Grove Hill

251-275-3772

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

CLAY COUNTY

ADPH Clay County Health Department

WIC Clinic, Lineville

256-396-6421

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding Peer Counselor
- Breastfeeding aids/supplies

CLEBURNE COUNTY

ADPH Cleburne County Health Department

WIC Clinic, Heflin

256-463-2296

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

COFFEE COUNTY

ADPH Coffee County Health Department

WIC Clinic, Enterprise

334-347-9574

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Medical Center Enterprise

334-393-8733 or 334-348-8828

Website: mcehospital.com/lactation-services

Email: Heather_davis@mcehospital.com

- Serving Enterprise, Ft. Rucker, Ozark, Troy, and Andalusia areas
- Prenatal breastfeeding classes
- Breastfeeding consultations
- Breastfeeding support group
- Childbirth and newborn care education
- Infant CPR

COLBERT COUNTY

ADPH Colbert County Health Department

WIC Clinic, Tuscumbia

256-383-1231

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

Helen Keller Hospital

256-386-4526

Website: ohhbabyschools.com/preparing-for-baby

Email: dianna.castillo@helenkeller.com

- Prenatal breastfeeding classes
- Breastfeeding consultations
- Breastfeeding support group
- Virtual visits available

CONECUH COUNTY

ADPH Conecuh County Health Department

WIC Clinic, Evergreen

251-578-1952

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

COOSA COUNTY

ADPH Coosa County Health Department

WIC Clinic, Rockford

256-377-1068

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

COVINGTON COUNTY

ADPH Covington County Health Department

WIC Clinic, Andalusia

334-222-1175

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Andalusia Health

334-428-7100

Website: andalusiahealth.com/services/womens-health

Facebook: facebook.com/andalusiabreastfeedingsupport

- Serving Covington and surrounding counties
- Prenatal breastfeeding classes
- Breastfeeding consultations
- Doula Services
- Provider/Staff education

CRENSHAW COUNTY

ADPH Crenshaw County Health Department

WIC Clinic, Luverne

334-335-2471

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

CULLMAN COUNTY

ADPH Cullman County Health Department

WIC Clinic, Cullman

256-734-1030

Valerie Tabor, RD, IBCLC

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Alma Adora Lactation

205-743-9710

Website: almaadoralactation.com

Face Book: facebook.com/AlmaAdoraLactation

Kimberly Greer, RN, IBCLC

Email: kimberlygreer@almaadoralactation.com

- Serving Blount, Jefferson, Walker, Cullman, and Marshall Counties
- Home and virtual visits
- Prenatal breastfeeding education
- Breastfeeding/chestfeeding consultations
- After-hours breastfeeding support
- Flange fittings, pumping consults

Cullman Regional Medical Center

256-737-2221 or 256-737-2000

Website: cullmanregional.com

Face Book: Facebook.com/CullmanRegionalMedicalCenter

- Serving Cullman, Winston, Blount, Morgan, and Marshall Counties
- Obstetric and postpartum women and newborns up to one year
- Prenatal Breastfeeding Classes
- Breastfeeding consultations
- After-hours Breastfeeding Support

Central Alabama Lactation Services

205-543-0529

Heidi Powell, RN, IBCLC

Jenny Mizzell, RN, IBCLC

- Prenatal breastfeeding classes
- In-home visits

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

DALE COUNTY

ADPH Dale County Health Department

WIC Clinic, Ozark

334-774-5146

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

DALLAS COUNTY

ADPH Dallas County Health Department

WIC Clinic, Selma

334-877-2809

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Vaughan Regional Medical Center

334-418-4405

DEKALB COUNTY

ADPH Dekalb County Health Department

WIC Clinic, Ft. Payne

256-845-1931

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

Dekalb Regional Medical Center

256-997-2423 or 256-997-2425

Website: dekalbregional.org/services/maternity-services/

ELMORE COUNTY

ADPH Elmore County Health Department

WIC Clinic, Wetumpka

334-567-1171

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

La Leche League – Montgomery Area

Email: LLL.Montgomery.AL@gmail.com

Maxwell Air Force Base New Parent Support Program

334-953-2434

Laura Pasko, RN, BSN, LCCE, CLC, CIMI, IBCLC

- Serving active-duty military families and retirees (pregnant and/or with children up to 3 years old)
- Breastfeeding Classes
- Breastfeeding consultations – virtual, office, and in-home (counties within 40 miles of Maxwell AFB)

River Region Lactation, LLC

334-219-0110

Website: rlactation.com/

Email: gethelp@rlactation.com

Face Book: facebook.com/RiverRegionLactation

Instagram: instagram.com/RiverRegionLactationPLLC

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road and Troy
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available

The Wellness Coalition – REACH Program Baby Café Program & Breastfeeding Continuity of Care Resources

(334) 293-6502

Website: thewellnesscoalition.org/babycafe/

Face Book: <https://facebook.com/thewellnesscoalition>

Email: bgomez@thewellnesscoalition.org

- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

ESCAMBIA COUNTY

ADPH Escambia County Health Department WIC Clinic, Atmore

251-368-9188

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Escambia County Health Department WIC Clinic, Brewton

251-867-5765

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Poarch Creek WIC Clinic

251-368-9136

- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding aids/supplies

ETOWAH COUNTY

ADPH Etowah County Health Department WIC Clinic, Gadsden

256-547-6311

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Gadsden Regional Medical Center

256-494-4231

Website: gadsdenregional.com/maternity-care-services

- Postpartum Breastfeeding Support Groups - 256-494-4334 or 256-494-4321

The New You Bra Boutique, Gadsden

256-546-6398

- Breast Pumps/Supplies

Women's Health Physicians & Surgeons

256-405-0161

Website: WomensHealthps.com

Face Book: facebook.com/share/1FWpHmRMF

- Prenatal Breastfeeding Classes
- Individual Breastfeeding Consultations

FAYETTE COUNTY

ADPH Fayette County Health Department WIC Clinic, Gadsden

256-547-6311

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

FRANKLIN COUNTY

ADPH Franklin County Health Department

WIC Clinic, Russelloville

256-332-2700

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

GENEVA COUNTY

ADPH Geneva County Health Department

WIC Clinic, Hartford

334-684-2256

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

GREENE COUNTY

ADPH Greene County Health Department

WIC Clinic, Eutaw

205-372-9361

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

HALE COUNTY

ADPH Hale County Health Department

WIC Clinic, Greensboro

334-624-3018

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

HENRY COUNTY

ADPH Henry County Health Department

WIC Clinic, Abbeville

334-585-2660

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

HOUSTON COUNTY

ADPH Houston County Health Department

WIC Clinic, Dothan

334-678-2800

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Flowers Hospital

334-794-5000, Ext. 1280

Website: flowershospital.com/maternity-care-services

- Prenatal Breastfeeding Classe

Southeast Health Medical Center

334-673-4141

Website: southeasthealth.org/women-children

Monday – Friday, 8:00 AM – 4:30 PM

Email: amhallford@southeasthealth.org

Email: clcolley@southeasthealth.org

Email: medonaldson@southeasthealth.org

- Serving southeast Alabama, north Florida, and west Georgia
- Breastfeeding consultations
- Virtual visits available
- Monthly breastfeeding classes

JACKSON COUNTY

ADPH Jackson County Health Department

WIC Clinic, Scottsboro

256-259-4161

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

Highlands Medical Center

256-218-3340

Website: highlandsmc.com/services/maternity-services

- Prenatal Breastfeeding Classes

JEFFERSON COUNTY

Alma Adora Lactation

205-743-9710

Website: almaadoralactation.com

Face Book: facebook.com/AlmaAdoraLactation

Kimberly Greer, RN, IBCLC

Email: kimberlygreer@almaadoralactation.com

- Serving Blount, Jefferson, Walker, Cullman, and Marshall Counties
- Home and virtual visits
- Prenatal breastfeeding education
- Breastfeeding/chestfeeding consultations
- After-hours breastfeeding support
- Flange fittings, pumping consults

Baptist Medical Center Princeton

205-783-7174

Website: baptisthealthal.com/services-and-specialties/womens-care

Birmingham Breastfeeding

205-881-2252

Website: birminghambreastfeeding.com

Face Book: facebook.com/BirminghamBreastfeeding

Instagram: instagram.com/birminghambreastfeeding

Jordan Clarke, RN, IBCLC

Email: contact@birminghambreastfeeding.com

- Prenatal breastfeeding classes
- Breastfeeding consultations
- In-home and virtual visits
- After-hours breastfeeding support

Brookwood Medical Center

205-877-1978

Website: baptisthealthal.com/services-and-specialties/womens-care

- Prenatal Breastfeeding Classes
- Postpartum Breastfeeding Support Groups
- Breast Pumps/Supplies

Children's Hospital of Alabama Lactation Center

205-638-6600

Website: childrensal.org/services/lactation-center

Email: lactationcenter@childrensal.org

- Inpatient breastfeeding consults
- General education by telephone
- Breastfeeding support group
- Services available at no cost

Grandview Medical Center

205-971-1000

Website: grandviewhealth.com/womens-services-grandview

Jefferson County Health Department WIC Clinic, Central Health Center

205-930-1119

- Breastfeeding Peer Counselor
- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding consultations
- Breastfeeding aids/supplies
- Provider/staff education

Jefferson County Health Department WIC Clinic, Eastern Health Center

205-510-3404

- Breastfeeding Peer Counselor
- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding consultations
- Breastfeeding aids/supplies
- Provider/staff education

Jefferson County Health Department WIC Clinic, Western Health Center

205-715-6130

- Breastfeeding Peer Counselor
- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding consultations
- Breastfeeding aids/supplies
- Provider/staff education

Shelby Baptist Medical Center

205-620-8262

- Prenatal Breastfeeding Classes

UAB St. Vincent's Hospital

205-939-7538

Website: uabstvincents.org/specialties/maternity-services/

- Dial- A- Nurse - 205-939-7878 or 205-212-6667
- Prenatal breastfeeding classes
- Breast pumps/supplies 205-212-6667
- Postpartum breastfeeding support groups

UAB Medical West

205-481-7180

Website: medicalwesthospital.org/womens-center.php

- Prenatal breastfeeding classes

UAB Hospital - Women and Infants Center

Baby-Friendly USA Designated Hospital

205-975-8334

Website: uabmedicine.org/women/breastfeeding-support

8:00 AM – 5:00 PM Monday-Friday

- Services available to patients and employees of UAB
- Breastfeeding classes
- Breastfeeding consults
- Breastfeeding support group
- Services available at no cost

LAMAR COUNTY

ADPH Lamar County Health Department

WIC Clinic, Vernon

295-695-9195

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

LAUDERDALE COUNTY

ADPH Lauderdale County Health Department

WIC Clinic, Florence

256-764-7453

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

La Leche League of Lauderdale County

256-436-5867

North Alabama Women's Health Center

256-718-5910

LAWRENCE COUNTY

ADPH Lawrence County Health Department

WIC Clinic, Moulton

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

LEE COUNTY

ADPH Lee County Health Department

WIC Clinic, Opelika

334-745-5765

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Auburn Lactation

205-542-4301

Face Book: Auburn Lactation

Instagram: @auburnlactation

Email: Auburnbreastfeeding@gmail.com

- Serving Auburn and Lee County
- Prenatal Visits
- Postpartum Visits
- Home or telehealth visits
- NICU/NICU graduate appointments

Auburn University

334-844-2591

Website: cws.auburn.edu/nursing/Home/Outreach#Mother-Baby

Face Book: facebook.com/tigerbabiesauburn

Email: awl0011@auburn.edu

- Tiger Babies - nursing areas/pods provided during community athletic and recreational events
- Certified lactation consultant onsite

East Alabama Health, Opelika

334-528-3709

Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support

Face Book: facebook.com/Auburn-Opelika Breastfeeding Mommies

Email: angela.hamby@eamc.org

- Serving Lee, surrounding counties, and west GA
- Prenatal Breastfeeding Classes
- Individual Breastfeeding Consultations
- Breastfeeding Support Group
- Provider/staff education
- After-hours and weekend support

La Leche League Contact

334-257-3950

Nourish Moms & Babies

(334) 610-1576

Website: nourishfoundation.co/breastfeeding-support

Email: info@nourishwellnessal.com

Dr. Katie Wolter, IBCLC

- Serving Lee and surrounding counties
- Multidisciplinary lactation appointments
- Virtual appointments available
- Pre- & post-feeding weights
- Breastfeeding Support Group
- Income-based fees, insurance accepted

Tiger Babies Breastfeeding Support Tent

Auburn University

(334) 844-5665

Website: cws.auburn.edu/Nursing/pm/tigerbabies

Face Book: facebook.com/tigerbabiesauburn

Email: awl0011@auburn.edu

- Lactation spaces
- Individual Breastfeeding Consultation

Women's Hope

334-332-1833

Website: Womenshope.org

Face Book: facebook.com/WomensHopeMedicalClinic

- Breastfeeding Support Group, semi-monthly

LIMESTONE COUNTY

ADPH Limestone County Health Department

WIC Clinic, Athens

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Athens-Limestone Hospital

256-233-9536 or 256-658-8210

Website: athenslimestonehospital.com/thebabyplace

Email: emma.green@alhnet.org

- Prenatal breastfeeding classes
- Breastfeeding consultations
- Virtual visits available
- Postpartum breastfeeding support group
- After-hours breastfeeding support

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

LOWNDES COUNTY

ADPH Lowndes County Health Department

WIC Clinic, Hayneville

334-548-2564

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

The Wellness Coalition – REACH Program

Baby Café Program & Breastfeeding Continuity of Care Resources

(334) 293-6502

Website: thewellnesscoalition.org/babycafe/

Face Book: <https://facebook.com/thewellnesscoalition>

Email: bgomez@thewellnesscoalition.org

- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

MACON COUNTY

ADPH Macon County Health Department

WIC Clinic, Tuskegee

334-727-1800

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

The Wellness Coalition – REACH Program

Baby Café Program & Breastfeeding Continuity of Care Resources

(334) 293-6502

Website: thewellnesscoalition.org/babycafe/

Face Book: <https://facebook.com/thewellnesscoalition>

Email: bgomez@thewellnesscoalition.org

- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

MADISON COUNTY

ADPH Madison County Health Department

WIC Clinic, Huntsville Hospital

256-265-4961

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Madison County Health Department

WIC Clinic, Max Luther Drive

256-533-0826

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Madison County Health Department

WIC Clinic, New Hope

256-723-4199

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

A Nurturing Moment

325-939-4141

Website: anurturingmomentmidwife.com

Facebook: A Nurturing Moment

Email: anurturingmomentmidwife@gmail.com

- Prenatal breastfeeding and childbirth classes
- Breastfeeding consultations
- On call/After-hours breastfeeding support
- Home visits
- Breast pumps and supplies

Crestwood Medical Center

Maternity Ctr Building, 2nd floor, L&D waiting area

256-429-5754

Website: crestwoodmedcenter.com/lactation-services

Email: Jane.Mitchell@crestwoodmedcenter.com

- Prenatal breastfeeding classes
- Breastfeeding consultations
- Breastfeeding support group, Mon. 10:30-A.M-12:00 PM

Huntsville Hospital Women & Children -

Breastfeeding Support Services

256-265-7285

Website: hhwomenandchildren.org/services/breastfeeding-support

Face Book: facebook.com/HHWCFan

Instagram: Instagram.com/hh_womenandchildren

- Virtual visits
- Prenatal breastfeeding classes 256-265-7296
- Breastfeeding consultations
- Breastfeeding support group/
Women's Pavilion 256-265-7285
- After-hours breastfeeding support
- Breast pump and baby scale rentals
- Breastfeeding boutique – bras, supplies, pump parts, etc.

La Leche League Contacts

Huntsville Group

Jessica - 334-559-8533

Stephanie - 256-348-9700

Madison/Madison County Group

Chloe: 256-603-2666

Elizabeth 256-541-7243 (text only)

Madison Hospital

Baby-Friendly USA Designated Hospital

256-265-5651 or 256-817-5651

Website: ohhbaby.org

Face Book: BreastfeedingSupportGroupofMadisonAL

Email: Kristine.taff@hhsys.org

- Prenatal breastfeeding classes
- Breastfeeding consultations for patients who deliver at Madison Hospital
- Breastfeeding support group
- After-hours breastfeeding support for patients that deliver at Madison Hospital

Redstone Arsenal New Parent Support Program

256-876-5397

Website: redstone.armymwr.com/programs/family-advocacy-program/npsp

- Serving military families who are pregnant and/or have children up to 3 years old
- Home and virtual visits
- Breastfeeding consultations

MARENGO COUNTY

ADPH Marengo County Health Department

WIC Clinic, Linden

334-295-4205

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

MARION COUNTY

ADPH Marion County Health Department

WIC Clinic, Hamilton

205-921-3118

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

MARSHALL COUNTY

ADPH Marshall County Health Department

WIC Clinic, Guntersville

256-582-3093 or 256-582-7381

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Alma Adora Lactation

205-743-9710

Website: almaadoralactation.com

Face Book: facebook.com/AlmaAdoraLactation

Kimberly Greer, RN, IBCLC

Email: kimberlygreer@almaadoralactation.com

- Serving Blount, Jefferson, Walker, Cullman, and Marshall Counties
- Home and virtual visits
- Prenatal breastfeeding education
- Breastfeeding/chestfeeding consultations
- After-hours breastfeeding support
- Flange fittings, pumping consults

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

Cullman Regional Medical Center

256-737-2221 or 256-737-2000

Website: cullmanregional.com

Face Book: Facebook.com/CullmanRegionalMedicalCenter

- Serving Marshall, Winston, Blount, Morgan, and Cullman Counties
- Obstetric and postpartum women and newborns up to one year
- Prenatal breastfeeding classes
- Breastfeeding consultations
- After-hours breastfeeding support

Marshall Medical Center North

256-302-1555

Email: Courtnie.chaffin@mmcenters.com

- Lactation support for Marshall Medical Center North patients
- Prenatal breastfeeding classes
- Breastfeeding consultations
- Breastfeeding support group

Marshall Medical Center South

256-840-3465

7:00 AM – 3:00 PM

Email: Robin.dilbeck@mmcenters.com

- Serving north Alabama
- Prenatal Breastfeeding Classes
- Breastfeeding consultations

MOBILE COUNTY

Gulf Coast Lactation

251-455-8928

Ellen "Scotty" Thomson, RN, BSN, IBCLC

Website: gulfcoastlactation.com

Email: gulfcoastlactation@gmail.com

Face Book: Gulf Coast Lactation

- Serving Mobile and Baldwin Counties
- Breastfeeding consults – in-home and virtual
- Prenatal breastfeeding education
- Breastfeeding support group
- Weekend appointments
- Breast pump education & flange fitting

Milk Clinic, LLC

251-504-9895

Rosie Se, Certified Advanced Lactation Specialist

Website: milkclinic.com

Email: rosie@milkclinic.com

Face Book: facebook.com/milkclinic

Instagram: instagram.com/milk.clinic

- Serving Mobile and Baldwin Counties
- Telehealth/virtual services available globally for pregnant and breastfeeding parents

**Mobile County Health Department WIC Clinic,
Mobile (Keeler)**

251-690-8829

- Breastfeeding Peer Counselor
- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding aids/supplies
- Prenatal Breastfeeding Education 251-690-8906

Mobile Infirmary Medical Center

251-435-2525

Website: infirmaryhealth.org/services/womens-health

- Prenatal Breastfeeding Classes

Providence Hospital

251-633-1749

Springhill Memorial Hospital

251-340-7770

Website: springhillmedicalcenter.com/services-treatments/birthing-suites-of-springhill/about-your-baby/breastfeeding

- Prenatal Breastfeeding Classes

**University of South Alabama Children's and
Women's Hospital**

251-415-1285

Website: usahealthsystem.com/services/birthing-services

- Prenatal Breastfeeding Classes
- Breastfeeding Support Groups

**University of South Alabama Children's and
Women's Hospital - NICU**

251-415-1271

Website: usahealthsystem.com/services/neonatal-intensive-care

MONROE COUNTY

**ADPH Monroe County Health Department
WIC Clinic, Monroeville**

251-575-3109

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

MONTGOMERY COUNTY

**ADPH Montgomery County Health Department
WIC Clinic, Mobile Highway**

334-293-6450

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Eastbrook WIC Clinic - Coliseum Blvd.

334-270-9263

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Baptist Medical Center Lactation Services

BMC East: 334-747-8360

BMC South: 334-286-2829

Website: baptistfirst.org/services/womens-and-childrens-services/lactation-center

Email: tlc@baptistfirst.org

- Prenatal Breastfeeding Classes
- Breastfeeding Support Group (registration required)
- On-call/After-hours breastfeeding support (BMC East)

Jackson Hospital and Clinic – Family Birth Center

334-293-8485 or 334-293-8497

Website: jackson.org/services/family-birth-center

- Serving Montgomery and the River Region
- Prenatal Breastfeeding Classes
- Breastfeeding consultations (outpatient by appointment)
- Breast Pumps and supplies (Gift Shop – 334-293-8821)

La Leche League – Montgomery Area

Email: LLL.Montgomery.AL@gmail.com

Maxwell Air Force Base New Parent Support Program

334-953-2434

Laura Pasko, RN, BSN, LCCE, CLC, CIMI, IBCLC

- Serving active-duty military families and retirees (pregnant and/or with children up to 3 years old)
- Breastfeeding Classes
- Breastfeeding consultations – virtual, office, and in-home (counties within 40 miles of Maxwell AFB)

River Region Lactation, LLC

334-219-0110

Website: rlactation.com/

Email: gethelp@rlactation.com

Face Book: facebook.com/RiverRegionLactation

Instagram: instagram.com/RiverRegionLactationPLLC

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road and Troy
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available

The Wellness Coalition – REACH Program Baby Café Program & Breastfeeding Continuity of Care Resources

(334) 293-6502

Website: thewellnesscoalition.org/babycafe/

Face Book: <https://facebook.com/thewellnesscoalition>

Email: bgomez@thewellnesscoalition.org

- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

Village Maternal Services

Website: linktr.ee/Village.Adiliah

Facebook: facebook.com/VillageMaternalServices

Email: villagedoulactation@gmail.com

Hours by appointment

- Serving Montgomery and surrounding counties
- Prenatal Breastfeeding Classes
- Breastfeeding consultations
- Breastfeeding Support Group
- Home and virtual visits
- Weekend appointments
- Doula Services
- Provider/staff education

MORGAN COUNTY

ADPH Morgan County Health Department WIC Clinic, Decatur

256-560-6574

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama- Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

Cullman Regional Medical Center

256-737-2221 or 256-737-2000

Website: cullmanregional.com

Face Book: Facebook.com/CullmanRegionalMedicalCenter

- Serving Morgan, Winston, Blount, Cullman, and Marshall Counties
- Obstetric and postpartum women and newborns up to one year
- Prenatal Breastfeeding Classes
- Breastfeeding consultations
- After-hours Breastfeeding Support

Decatur-Morgan Hospital

256-341-2966 or 256-341-3455

Website: thebabysteps.org

- Prenatal Breastfeeding Classes
- Postpartum Breastfeeding Support Groups

Decatur-Morgan OB/GYN

256-973-2013

Website: thebabysteps.org/breastfeeding-classes

- Prenatal Breastfeeding Classes

La Leche League Morgan County/Decatur

256-616-2344 - Meredith

Website: llalmsla.org/lll-groups/alabama-groups/morgan-county

Email: lllofmorgancounty@gmail.com

Face Book: facebook.com/LaLecheLeagueofMorganCounty

PERRY COUNTY

ADPH Perry County Health Department WIC Clinic, Marion

334-638-6155

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Perry County Health Department WIC Clinic, Uniontown

334-628-6226

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

PICKENS COUNTY

ADPH Pickens County Health Department

WIC Clinic, Carrollton

205-367-8157

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

PIKE COUNTY

ADPH Pike County Health Department

WIC Clinic, Troy

334-566-2860

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

River Region Lactation, LLC

334-219-0110

Website: rlactation.com/

Email: gethelp@rlactation.com

Face Book: facebook.com/RiverRegionLactation

Instagram: instagram.com/RiverRegionLactationPLLC

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, and Troy
- Prenatal and postpartum breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available

RANDOLPH COUNTY

ADPH Randolph County Health Department

WIC Clinic, Roanoke

334-863-8981

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

RUSSELL COUNTY

ADPH Russell County Health Department

WIC Clinic, Phenix City

334-297-0251

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Russell Medical Center

256-329-7100

Website: russellcares.com/centers-services/birthing-services

SHELBY COUNTY

ADPH Shelby County Health Department

WIC Clinic, Pelham

205-685-4197

Juanita Wooley, RD, LD, CLC

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Brookwood Medical Center

205-877-1978

Website: baptisthealth.com/services-and-specialties/womens-care

- Prenatal Breastfeeding Classes
- Postpartum Breastfeeding Support Groups
- Breast Pumps/Supplies

Central Alabama Lactation Services

205-543-0529

Heidi Powell, RN, IBCLC

Jenny Mizzell, RN, IBCLC

- Prenatal Breastfeeding Classes

Shelby Baptist Medical Center

205-620-8262

Website: baptisthealth.com/facilities/shelby-hospital#services

- Prenatal Breastfeeding Classes

ST. CLAIR COUNTY

ADPH St. Clair County Health Department

WIC Clinic, Ashville

205-594-4919

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH St. Clair County Health Department

WIC Clinic, Pell City

334-338-3357

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

SUMTER COUNTY

ADPH Sumter County Health Department

WIC Clinic, Livingston

205-652-7972

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

TALLADEGA COUNTY

ADPH Talladega County Health Department

WIC Clinic, Sylacauga

256-249-3807

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Talladega County Health Department

WIC Clinic, Talladega

256-362-2593

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Coosa Valley Medical Center

256-401-4120

Website: <https://www.cvhealth.net/new-pagec781c58e>

TALLAPOOSA COUNTY

ADPH Tallapoosa County Health Department

WIC Clinic, Alexander City

256-329-0531

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Tallapoosa County Health Department

WIC Clinic, Dadeville

256-825-9203

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

TUSCALOOSA COUNTY

ADPH Tuscaloosa County Health Department

WIC Clinic, Tuscaloosa

205-562-6900

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Tuscaloosa County Health Department WIC Clinic, Tuscaloosa – Maude Whatley

205-614-6139

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

DCH Home Medical Equipment

205-330-3177

Website: dchsystem.com/services/home-medical-equipment

- Breast pumps/supplies
- Insurance accepted

DCH Regional Medical Center

205-750-5928

Website: dchsystem.com/services/womens-services/labor-delivery/lactation-services

- Prenatal breastfeeding classes
- Breastfeeding consultations
- Baby weigh days (no cost)
- Donor Milk Program

La Leche League Contact

205-410-1934, Jessica

Northport Medical Center

205-330-3031

Website: dchsystem.com/services/womens-services/labor-delivery/lactation-services

- Prenatal breastfeeding classes
- Breastfeeding consultations
- Baby Weigh Days (no cost)
- Donor Milk Program

Northport Pharmacy

205-339-5800

Website: northportpharmacy.com/services/breast-pumps

Email: northportpharmacy@gmail.com

- Breast pumps/supplies
- Insurance accepted

Tuscaloosa Pediatrics

205-333-8222

Website: tuscaloosapeds.com

Vickie Lyle, RN, IBCLC

- Breastfeeding support services for patients

University of Alabama Lactation Support – Tuscaloosa

Website: hr.ua.edu/wellness-work-life/lactationsupport

Email: b2basics2024@gmail.com

- Nursing mothers' rooms for faculty, staff, and students
- Back 2 Basics - gameday stadium nursing stations
- Parenting Assistance Line - 1-866-962-3030

West Alabama Pediatrics, Mommy and Me Lactation Services

205-752-7337

Website: westalabamapeds.com/lactation-services.php

- Prenatal and postpartum breastfeeding consultations

WALKER COUNTY

ADPH Walker County Health Department WIC Clinic, Jasper

205-221-9775

- Breastfeeding Peer Counselor
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Alma Adora Lactation

205-743-9710

Website: almaadoralactation.com

Face Book: facebook.com/AlmaAdoraLactation

Kimberly Greer, RN, IBCLC

Email: kimberlygreer@almaadoralactation.com

- Serving Blount, Jefferson, Walker, Cullman, and Marshall Counties
- Home and virtual visits
- Prenatal breastfeeding education
- Breastfeeding/chestfeeding consultations
- After-hours breastfeeding support
- Flange fittings, pumping consults

Central Alabama Lactation Services

205-543-0529

Heidi Powell, RN, IBCLC

Jenny Mizzell, RN, IBCLC

- Prenatal breastfeeding classes

Walker Baptist Medical Center

205-387-4858

Website: walkerbaptistmedicalcenter.com/services/obstetrics

WASHINGTON COUNTY

ADPH Washington County Health Department WIC Clinic, Chatom

251-847-2245

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

WILCOX COUNTY

ADPH Wilcox County Health Department WIC Clinic, Camden

334-682-4515

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

WINSTON COUNTY

ADPH Winston County Health Department WIC Clinic, Double Springs

205-489-2101

- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC

256-260-3140 or 256-278-6788

Cullman Regional Medical Center

256-737-2221 or 256-737-2000

Website: cullmanregional.com

Face Book: Facebook.com/CullmanRegionalMedicalCenter

- Serving Winston, Cullman, Blount, Morgan, and Marshall Counties
- Obstetric and postpartum women, and newborns up to one year
- Prenatal breastfeeding classes
- Breastfeeding consultations
- After-hours breastfeeding support

Notes

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