ALABAMA WIC BREASTFEEDING RESOURCE GUIDE 2026-2027



WIC ALABAMA

ALABAMA PUBLIC HEALTH

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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.
- 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.

Learn More About Breastfeeding ---- Explore trusted information, helpful tips, and find more information about breastfeeding support options at alabamapublichealth.gov/wic.

Glossary of Abbreviations

ADPH	Alabama Department of Public Health
APRN	Advanced Practice Registered Nurse - a credential indicating advanced education, licensure, and national certification in a nursing specialty
BFPC	Breastfeeding Peer Counselor – a breastfeeding counselor who has personal breastfeeding experience and supervised training to serve and meet the needs of community breastfeeding support programs
BSN	Bachelor of Science degree in Nursing
CBS	Certified Breastfeeding Specialist – a breastfeeding counselor credentialed by Lactation Education Resources (LER)
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 – a breastfeeding counselor credentialed by The Academy of Lactation Policy and Practice (ALPP) and accredited by the American National Standards Institute (ANSI)
CNM	Certified Nurse Midwife - an advanced practice registered nurse (APRN) who completes accredited graduate-level midwifery education and passes the American Midwifery Certification Board (AMCB) exam
CRNP	Certified Registered Nurse Practitioner - an advanced practice registered nurse who has completed a graduate NP program, passed a national certification exam, and holds state NP/CRNP licensure
DTR	Dietetic Technician, Registered, credentialed by the Commission on Dietetic Registration (CDR)
IBCLC	International Board Certified Lactation Consultant – a lactation consultant credentialed by the International Board of Lactation Consultant Examiners (IBLCE) and accredited by the National Commission for Certifying Agencies (NCCA)
LCCE	Lamaze Certified Childbirth Instructor, credentialed by Lamaze International
LD	Licensed Dietitian, licensed by the AL Board of Examiners for Dietetics and Nutritionists
LD (DONA)	Licensed Doula – credentialed by Doulas of North America International system
LE	Lactation Educator – a breastfeeding educator qualified to support and educate on routine breastfeeding and related issues
MA	Master of Arts degree
MLC	Military Lactation Counselor (MLC) - a breastfeeding counselor with a specialized certification developed by Global MilCom for military service members, their spouses, and dependents
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)
RD/RDN	Registered Dietitian/Registered Dietitian Nutritionist, credentialed by the CDR
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.

To find out more about the different types of lactation support professionals see page 47 of this guide.

Alabama WIC Program
District Nutrition Directors

EAST CENTRAL
Jennifer Capps, RD, LD
334-564-95271

JEFFERSON
Micah Madsen, RDN, LD
205-558-2144

MOBILE
Virginia Stabler, RDN, LD
251-690-8829

NORTHERN
Jessie Simmons, MS, RD, LD
251-690-8829

NORTHEASTERN
Amy Minish, RD, IBCLC
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, LD
334-687-4808

SOUTHWESTERN
Stacy Lewis, MS, RDN, LD
251-946-8040

WEST CENTRAL
Megan Hartin, MS, RDN, LD
205-562-6900



Alabama WIC Clinics Directory

East Central

Autauga County	334-361-3743
Bullock County	334-738-3030
Chambers County	334-756-0758
Coosa County	256-377-1068
Elmore County	334-567-1171
Lee County	334-745-5765
Lowndes County	334-548-2564
Macon County	334-727-1800
Montgomery County	334-293-6450
Training Clinic	334-270-9263
Russell County	334-297-0251
Tallapoosa County	
Alex City	256-329-0531
Dadeville	256-825-9203

Jefferson County

Central	205-558-2144, Option 1
Western	205-558-2144, Option 5
Eastern	205-558-2144, Option 3

Mobile County

Keeler	251-690-8829
Southwest	251-602-8451
Citronelle	251-866-5940
Eight Mile	251-457-4186
Semmes	251-445-0581

Northern

Colbert County	256-383-1231
Cullman County	256-734-1030
Franklin County	256-332-2700
Jackson County	256-575-0220
Lauderdale County	256-764-7453
Lawrence County	256-974-1141
Limestone County	256-232-3200
Madison County	256-533-0826
New Hope	256-781-1038
Marion County	205-921-3118
Marshall County	256-582-3174
Morgan County	256-560-6574
Winston County	659-247-8300

Northeastern

Blount County	205-274-2120
Calhoun County	256-237-7523
Cherokee County	256-927-3132
Clay County	256-396-6421
Cleburne County	256-463-2296
Dekalb County	256-845-1931
Etowah County	256-547-6311
Randolph County	334-870-0002
St. Clair County	
Ashville	205-594-4919
Pell City	659-500-4490
Shelby County	205-685-4197
Talladega County	
Talladega	256-362-2593
Sylacauga	256-207-4071

Southeastern

Barbour County	334-687-4808
Clayton	334-775-8324
Butler County	334-382-3154
Coffee County	334-347-9574
Covington County	334-222-1175
Crenshaw County	334-335-2471
Dale County	334-774-5146
Geneva County	334-684-2256
Henry County	334-585-2660
Houston County	334-678-2800
Pike County	334-566-2860

Southwestern

Baldwin County	
Bay Minette	251-937-6935
Robertsdale	251-946-8040
Foley	251-943-7260
Choctaw County	659-213-4561
Clarke County	251-275-3772
Conecuh County	251-578-1952
Dallas County	334-874-2550
Escambia County	
Atmore	251-368-9188
Brewton	251-867-5765
Poarch	251-368-9136
Marengo County	334-295-4205
Monroe County	251-336-2400
Washington County	251-286-3055
Wilcox County	334-682-4515

West Central

Bibb County	205-926-9702
Chilton County	205-755-1287
Fayette County	205-932-5260
Greene County	205-372-9361
Hale County	334-624-3018
Lamar County	205-695-9195
Perry County	
Marion	334-683-6153
Uniontown	334-628-6226
Pickens County	205-367-8157
Sumter County	205-652-2320
Tuscaloosa County	205-562-6900
Maude Whatley	205-614-6139
Walker County	205-221-9775

WIC CLINIC LISTINGS



ADPH Autauga County Health Department WIC Clinic, Prattville
334-361-3743
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Baldwin County Health Department WIC Clinic, Bay Minette
251-937-6935
- Breastfeeding Peer Counselor Program
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Baldwin County Health Department WIC Clinic, Robertsdale
251-946-8040
- Breastfeeding Peer Counselor Program
- 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

ADPH Barbour County Health Department WIC Clinic
334-687-4808
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Barbour County Health Department WIC Clinic, Eufaula
334-687-5950
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Bibb County Health Department WIC Clinic, Centreville
205-926-9702
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Blount County Health Department WIC Clinic, Oneonta
205-274-2120
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Bullock County Health Department WIC Clinic, Union Springs
334-738-3030
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Butler County Health Department WIC Clinic, Greenville
334-382-3154
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Calhoun County Health Department WIC Clinic, Anniston
256-237-7523
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Chambers County Health Department WIC Clinic, Valley
334-756-0758
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Cherokee County Health Department WIC Clinic, Centre
256-927-3132
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Chilton County Health Department WIC Clinic, Clanton
205-755-1287
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Choctaw County Health Department WIC Clinic, Butler
659-213-4561
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Clarke County Health Department WIC Clinic, Grove Hill
251-275-3772
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Clay County Health Department WIC Clinic, Lineville
256-396-6421
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Cleburne County Health Department WIC Clinic, Heflin
256-463-2296
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Coffee County Health Department WIC Clinic, Enterprise
334-347-9574
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Colbert County Health Department WIC Clinic, Tuscumbia
256-383-1231
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Conecuh County Health Department WIC Clinic, Evergreen
251-578-1952
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Coosa County Health Department WIC Clinic, Rockford
256-377-1068
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Covington County Health Department WIC Clinic, Andalusia
334-222-1175
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Crenshaw County Health Department WIC Clinic, Luverne
334-335-2471
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Cullman County Health Department WIC Clinic, Cullman
256-734-1030
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Dale County Health Department WIC Clinic, Ozark
334-774-5146
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Dallas County Health Department WIC Clinic, Selma
334-874-2550
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Dekalb County Health Department WIC Clinic, Ft. Payne
256-845-1931
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Elmore County Health Department WIC Clinic, Wetumpka
334-567-1171
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

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

ADPH Etowah County Health Department WIC Clinic, Gadsden
256-547-6311
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Fayette County Health Department WIC Clinic
205-932-5260
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Franklin County Health Department WIC Clinic, Russellville
256-332-2700
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Geneva County Health Department WIC Clinic, Hartford
334-684-2256
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Greene County Health Department WIC Clinic, Eutaw
205-372-9361
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Hale County Health Department WIC Clinic, Greensboro
334-624-3018
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Henry County Health Department WIC Clinic, Abbeville
334-585-2660
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Houston County Health Department WIC Clinic, Dothan
334-678-2800
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Jackson County Health Department WIC Clinic, Scottsboro
256-575-0220
- Breastfeeding Peer Counselor Program
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Jefferson County Health Department WIC Clinic, Central Health Center
205-558-2144, Option 1
- Breastfeeding Peer Counselor Program
- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding consultations
- Breastfeeding aids/supplies
- Provider/staff education

Jefferson County Health Department WIC Clinic, Eastern Health Center
205-558-2144, Option 3
- Breastfeeding Peer Counselor Program
- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding consultations
- Breastfeeding aids/supplies
- Provider/staff education

Jefferson County Health Department WIC Clinic, Western Health Center
205-558-2144, Option 5
- Breastfeeding Peer Counselor Program
- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding consultations
- Breastfeeding aids/supplies
- Provider/staff education

ADPH Lamar County Health Department WIC Clinic, Vernon
295-695-9195
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Lauderdale County Health Department WIC Clinic, Florence
256-764-7453
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Lawrence County Health Department WIC Clinic, Moulton
256-947-1141
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Lee County Health Department WIC Clinic, Opelika
334-745-5765
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Limestone County Health Department WIC Clinic, Athens
256-232-3200
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Lowndes County Health Department WIC Clinic, Hayneville
334-548-2564
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Macon County Health Department WIC Clinic, Tuskegee
334-727-1800
- 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
256-781-1038
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Marengo County Health Department WIC Clinic, Linden
334-295-4205
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Marion County Health Department WIC Clinic, Hamilton
205-921-3118
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Marshall County Health Department WIC Clinic, Guntersville
256-852-3174
- Breastfeeding Peer Counselor Program
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Mobile County Health Department WIC Clinic, Mobile (All Mobile Clinics)
251-690-8829
- Breastfeeding Peer Counselor Program
- Prenatal Breastfeeding Education
- Postpartum Breastfeeding Support
- Breastfeeding aids/supplies
- Prenatal Breastfeeding Education 251-690-8906

ADPH Monroe County Health Department WIC Clinic, Monroeville
251-336-2400
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

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

ADPH Morgan County Health Department WIC Clinic, Decatur
256-560-6574
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Perry County Health Department WIC Clinic, Marion
334-683-6153
- 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

ADPH Pickens County Health Department WIC Clinic, Carrollton
205-367-8157
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Pike County Health Department WIC Clinic, Troy
334-566-2860
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Randolph County Health Department WIC Clinic, Roanoke
334-870-0002
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Russell County Health Department WIC Clinic, Phenix City
334-297-0251
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Shelby County Health Department WIC Clinic, Pelham
205-685-4197
- Breastfeeding Peer Counselor Program
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH St. Clair County Health Department WIC Clinic, Ashville
205-594-4919
- Breastfeeding Peer Counselor Program
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH St. Clair County Health Department WIC Clinic, Pell City
659-500-4490
- Breastfeeding Peer Counselor Program
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Sumter County Health Department WIC Clinic, Livingston
205-652-7972
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Talladega County Health Department WIC Clinic, Sylacauga
256-207-4071
- 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

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

ADPH Tuscaloosa County Health Department WIC Clinic, Tuscaloosa
205-562-6900
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Tuscaloosa County Health Department WIC Clinic, Tuscaloosa – Maude Whatley
205-614-6139
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Walker County Health Department WIC Clinic, Jasper
205-221-9775
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Washington County Health Department WIC Clinic, Chatom
251-286-3055
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Wilcox County Health Department WIC Clinic, Camden
334-682-4515
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

ADPH Winston County Health Department WIC Clinic, Double Springs
659-247-8300
- Prenatal breastfeeding education
- Postpartum breastfeeding support
- Breastfeeding aids/supplies

Connect with a WIC peer counselor for encouragement, practical tips, and one-on-one support throughout your journey.

Have you breastfed a baby for longer than 6 months, do you enjoy helping other parents, and want to make a difference in your community?

YOU COULD BE A WIC BREASTFEEDING PEER COUNSELOR!



Find support or learn more about how to become a peer counselor here:

HOSPITAL/ CLINIC RESOURCES

AUTAUGA COUNTY

Baptist Medical Center Lactation Services
BMC East: 334-747-8360
- 24/7 Lactation Staff in house

BMC South: 334-286-2829
- Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
- Shurkita McKinnon, RN, CBS, IBCLC
- Lynn Tanner, RN, CLC, IBCLC
- Sophia Iyegha, BS, MLC, CLC, CD(DONA)

Website: baptistfirst.org/services/womens-health/maternity-services/breastfeeding-support
- Prenatal Breastfeeding Classes
- Breastfeeding Support Group
- After-hours breastfeeding phone support

BALDWIN COUNTY

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

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

BLOUNT COUNTY

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

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

CALHOUN COUNTY

Northeast Alabama/Regional Medical Center (RMC) Health System
256-235-5132
Baby-Friendly USA Designated Hospital
- 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

Lanier Memorial Hospital
334-756-1625
- Prenatal breastfeeding classes

East Alabama Health, Opelika

Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
334-528-3709
Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support
Face Book: facebook.com/Auburn-Opelika BreastfeedingMommies
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

CHEROKEE COUNTY

Dekalb Regional Medical Center

256-997-2423 or 256-997-2425
Website: dekalbregional.org/services/maternity-services/

CHOCTAW COUNTY

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

CLARKE COUNTY

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

COFFEE COUNTY

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

Helen Keller Hospital

256-386-4526
Website: ohhbabyshoals.com/preparing-for-baby
Email: dianna.castillo@helenkeller.com

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

COLBERT COUNTY

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.

CONECUH COUNTY

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

COVINGTON COUNTY

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

Baptist Medical Center Lactation Services
BMC East: 334-747-8360
- 24/7 Lactation Staff in house

BMC South: 334-286-2829
- Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
- Shurkita McKinnon, RN, CBS, IBCLC
- Lynn Tanner, RN, CLC, IBCLC
- Sophia Iyegha, BS, MLC, CLC, CD(DONA)

Website: baptistfirst.org/services/womens-health/maternity-services/breastfeeding-support
- Prenatal Breastfeeding Classes
- Breastfeeding Support Group
- After-hours breastfeeding phone support

CULLMAN COUNTY

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

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.

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

DALLAS COUNTY

Baptist Medical Center Lactation Services
BMC East: 334-747-8360
- 24/7 Lactation Staff in house

BMC South: 334-286-2829
- Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
- Shurkita McKinnon, RN, CBS, IBCLC
- Lynn Tanner, RN, CLC, IBCLC
- Sophia Iyegha, BS, MLC, CLC, CD(DONA)

Website: baptistfirst.org/services/womens-health/maternity-services/breastfeeding-support
- Prenatal Breastfeeding Classes
- Breastfeeding Support Group
- After-hours breastfeeding phone support

ELMORE COUNTY

Baptist Medical Center Lactation Services
BMC East: 334-747-8360
- 24/7 Lactation Staff in house

BMC South: 334-286-2829
- Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
- Shurkita McKinnon, RN, CBS, IBCLC
- Lynn Tanner, RN, CLC, IBCLC
- Sophia Iyegha, BS, MLC, CLC, CD(DONA)

Website: baptistfirst.org/services/womens-health/maternity-services/breastfeeding-support
- Prenatal Breastfeeding Classes
- Breastfeeding Support Group
- After-hours breastfeeding phone support

DEKALB COUNTY

Dekalb Regional Medical Center
256-997-2423 or 256-997-2425
Website: dekalbregional.org/services/maternity-services/

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.

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

ESCAMBIA COUNTY

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

ETOWAH COUNTY

Gadsden Regional Medical Center
256-494-4231
Website: gadsdenregional.com/maternity-care-services
- Postpartum Breastfeeding Support Groups - 256-494-4334 or 256-494-4321

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

Women's Health Physicians & Surgeons
256-405-0161
Website: WomensHealthps.com
Face Book: facebook.com/share/1FHWpHmRMF
- Prenatal Breastfeeding Classes
- Individual Breastfeeding Consultations

FRANKLIN COUNTY

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.

HOUSTON COUNTY

Flowers Hospital
334-794-5000, Ext. 1280
Website: flowershospital.com/maternity-care-services
- Prenatal Breastfeeding Classes

Southeast Health Medical Center
Angela Marie Hallford RN IBCLC
Beth Donaldson RN IBCLC
Connie Colley RN IBCLC
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

Highlands Medical Center
256-218-3340
Website: highlandsmedcenter.com/services/maternity-services

- Prenatal Breastfeeding Classes

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.

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

JEFFERSON COUNTY

Baptist Medical Center Princeton
205-783-7174
Website: baptisthealthal.com/services-and-specialties/womens-care

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

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 - 205-939-7538
- Prenatal breastfeeding classes
- Newborn Care 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

LAUDERDALE COUNTY

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.

LAWRENCE COUNTY

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

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.

LEE COUNTY

East Alabama Health, Opelika

Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
334-528-3709
Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support
Face Book: facebook.com/Auburn-Opelika BreastfeedingMommies
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

Women's Hope

334-332-1833
Website: Womenshope.org
Face Book: facebook.com/WomensHopeMedicalClinic

- Breastfeeding Support Group, semi-monthly

LIMESTONE COUNTY

Athens-Limestone Hospital

CHAMPS National Participant
Glenni Lorick, IBCLC
(256) 658-8210
Website: athenslimestonehospital.com/thebabyplace

- Prenatal breastfeeding classes
- Newborn Care Classes
- Breastfeeding consultations
- Postpartum breastfeeding support group
- All services are available to any mother in the community.
- Support group meets at the Wellness Center (209 Fitness Way) every Friday at 10:30 am
- We meet at Hometown Pediatrics the fourth Thursday at 6:30 pm. Typically we have a pediatric dentist as well as a pediatric occupational therapist who specializes in infant feeding at this group.

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.

LOWNDES COUNTY

Baptist Medical Center Lactation Services

BMC East: 334-747-8360

- 24/7 Lactation Staff in house

BMC South: 334-286-2829

- Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
- Shurkita McKinnon, RN, CBS, IBCLC
- Lynn Tanner, RN, CLC, IBCLC
- Sophia Iyegha, BS, MLC, CLC, CD(DONA)

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

- Prenatal Breastfeeding Classes
- Breastfeeding Support Group
- After-hours breastfeeding phone support

MACON COUNTY

Baptist Medical Center Lactation Services

BMC East: 334-747-8360

- 24/7 Lactation Staff in house

BMC South: 334-286-2829

- Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
- Shurkita McKinnon, RN, CBS, IBCLC
- Lynn Tanner, RN, CLC, IBCLC
- Sophia Iyegha, BS, MLC, CLC, CD(DONA)

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

- Prenatal Breastfeeding Classes
- Breastfeeding Support Group
- After-hours breastfeeding phone support

East Alabama Health, Opelika

Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
334-528-3709
Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support
Face Book: facebook.com/Auburn-Opelika BreastfeedingMommies
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

MADISON COUNTY

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.

Madison Hospital
Baby-Friendly USA Designated Hospital
256-265-5651 or 256-817-5651
Website: ohhbaby.org
Face Book: https://www.facebook.com/groups/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

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

MARSHALL COUNTY

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

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.

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

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

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

MONTGOMERY COUNTY

Baptist Medical Center Lactation Services
BMC East: 334-747-8360
- 24/7 Lactation Staff in house

BMC South: 334-286-2829
- Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
- Shurkita McKinnon, RN, CBS, IBCLC
- Lynn Tanner, RN, CLC, IBCLC
- Sophia Iyegha, BS, MLC, CLC, CD(DONA)

Website: baptistfirst.org/services/womens-health/maternity-services/breastfeeding-support
- Prenatal Breastfeeding Classes
- Breastfeeding Support Group
- After-hours breastfeeding phone support

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)

MORGAN COUNTY

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: https://www.decaturmorganhospital.net/services-a-z/labor-delivery
- Prenatal Breastfeeding Classes
- Postpartum Breastfeeding Support Groups

Decatur-Morgan OB/GYN
256-973-2013
Website: https://decaturmorganhospital.net/physician-clinics/decatur-morgan-ob-gyn
- Prenatal Breastfeeding Classes

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.

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

RUSSELL COUNTY

East Alabama Health, Opelika
Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
334-528-3709
Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support
Face Book: facebook.com/Auburn-Opelika BreastfeedingMommies
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

SHELBY COUNTY

Brookwood Medical Center
205-877-1978
Website: baptisthealthal.com/services-and-specialties/womens-care
- Prenatal Breastfeeding Classes
- Postpartum Breastfeeding Support Groups
- Breast Pumps/Supplies

Shelby Baptist Medical Center
205-620-8262
Website: baptisthealthal.com/facilities/shelby-hospital#services
- Prenatal Breastfeeding Classes

TALLAPOOSA COUNTY

East Alabama Health, Opelika
Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
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

TALLADEGA COUNTY

Coosa Valley Medical Center
256-401-4120
Website: https://www.cvhealth.net/new-pagec781c58e

TUSCALOOSA COUNTY

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

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
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

West Alabama Pediatrics, Mommy and Me Lactation Services
205-752-7337
Website: westalabamapeds.com/lactation-services.php
- Prenatal and postpartum breastfeeding consultations

WALKER COUNTY

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

WASHINGTON COUNTY

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

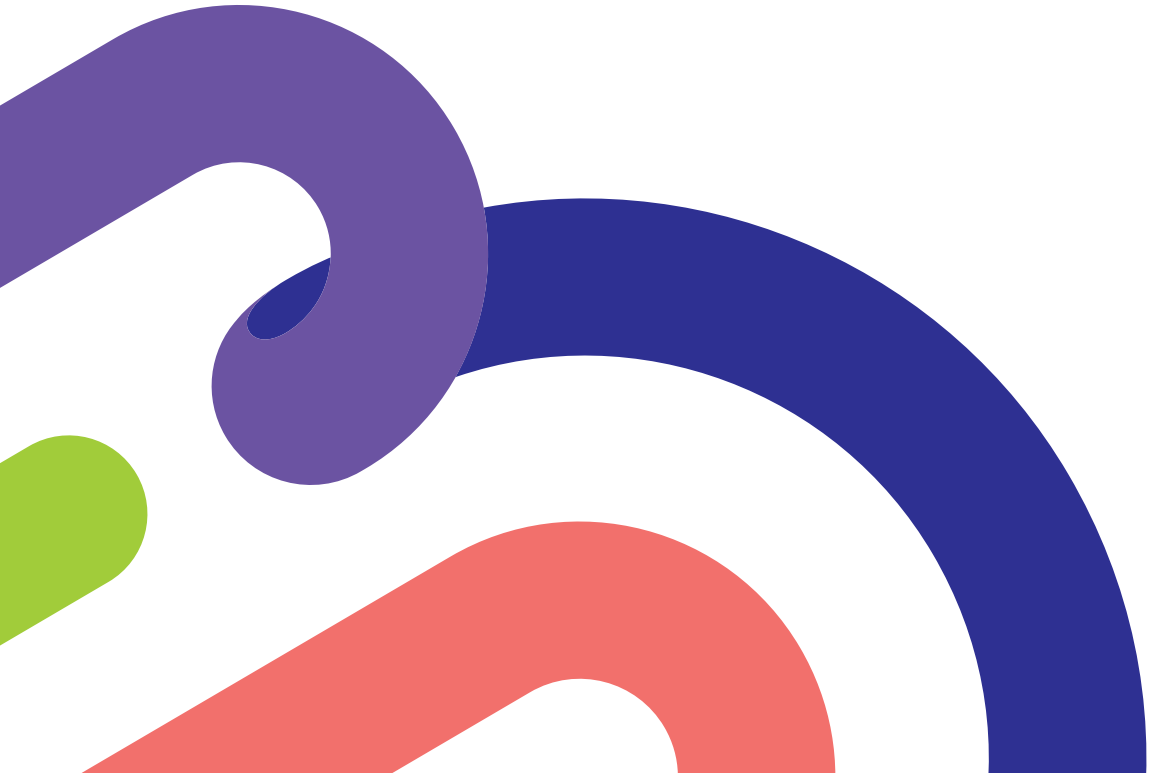
University of South Alabama Children's and Women's Hospital - NICU
251-415-1271
Website: usahealthsystem.com/services/neonatal-intensive-care

WINSTON COUNTY

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

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.

FREE LACTATION RESOURCES



AUTAUGA COUNTY

La Leche League – Montgomery Area
LLL.Montgomery.AL@gmail.com

Military Families Only - 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)

The Wellness Coalition – REACH Program
Baby Café Program & Breastfeeding Continuity of Care Resources
(334) 293-6502
Website: thewellnesscoalition.org/babycafe/
Face Book: facebook.com/thewellnesscoalition
Email: bgomez@thewellnesscoalition.org
- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

Village Maternal Services
Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
Website: linktr.ee/Village.Adiliah
Facebook: facebook.com/VillageMaternalServices
Email: villagedoulactation@gmail.com
Hours by appointment
- Serving Montgomery and surrounding counties
- Virtual Breastfeeding Support Group
- Community Baby Shower

BALDWIN COUNTY

Gulf Coast Lactation
251-455-8928
Scotty Thomson, RN, BSN, IBCLC, Owner
Cassie Hooks, RD, IBCLC
Melanie Edwards, RN, IBCLC
Website: gulfcoastlactation.com
Email: gulfcoastlactation@gmail.com
Face Book: facebook.com/gulfcoastlactation
Instagram: https://www.instagram.com/gulfcoastlactation/
- Prenatal breastfeeding education
- Breastfeeding support group
- Starting Solids Class quarterly for all families getting started with solids
- Please see the website for updates.

La Leche League – Baldwin County
251-504-9895
Email: rosamundelizabeth@gmail.com

BIBB COUNTY

Diamonds for Doulas
(619) 903-2701
Facebook: https://www.facebook.com/people/Diamonds-For-Doulas/61557033513822/
Website: https://diamonds-for-doulas.square.site/
Email: Diamondsfordoulas@gmail.com
- Serving Tuscaloosa, Bibb, Jefferson, Sumter, Hale, Pickens, and Montgomery Counties
- Newborn Care Classes
- Breastfeeding Support Group
- Doula Services
- Community Baby Shower Events
- The Birth Doula support program includes labor support, birth planning, group-based lactation support, and group-based childbirth education, and postpartum visits. Applicants can apply with this link: https://app.doulado.co/client?eyJpbnRha2VfaWQiOiIxOTA3In0%3D=_

BLOUNT COUNTY

Community Action Partnership of North Alabama-Head Start
256-260-3140 or 256-278-6788
Crystal Terry, MA, CLC

CHAMBERS COUNTY

Auburn Lactation
Sam Del Toro RN, IBCLC
205-542-4301
Face Book: https://www.facebook.com/auburnlactation
Instagram: https://www.instagram.com/auburnlactation
Email: Auburnbreastfeeding@gmail.com
- Serving Auburn Lee, Chambers and Macon Counties
- Breastfeeding Support Group

East Alabama Health, Opelika
Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
334-528-3709
Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support

Face Book: facebook.com/Auburn-Opelika BreastfeedingMommies
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

CHEROKEE COUNTY

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

COLBERT COUNTY

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

CULLMAN COUNTY

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

DALLAS COUNTY

Village Maternal Services

Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
Website: linktr.ee/Village.Adiliah
Facebook: facebook.com/VillageMaternalServices
Email: villagedoulactation@gmail.com
Hours by appointment

- Serving Montgomery and surrounding counties
- Virtual Breastfeeding Support Group
- Community Baby Shower

DEKALB COUNTY

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

ELMORE COUNTY

La Leche League – Montgomery Area

Email: LLL.Montgomery.AL@gmail.com

Military Families Only - 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)

The Wellness Coalition – REACH Program

Baby Café Program & Breastfeeding Continuity of Care Resources
(334) 293-6502
Website: thewellnesscoalition.org/babycafe/
Face Book: facebook.com/thewellnesscoalition
Email: bgomez@thewellnesscoalition.org

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

Village Maternal Services

Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
Website: linktr.ee/Village.Adiliah
Facebook: facebook.com/VillageMaternalServices
Email: villagedoulactation@gmail.com
Hours by appointment

- Serving Montgomery and surrounding counties
- Virtual Breastfeeding Support Group
- Community Baby Shower

FRANKLIN COUNTY

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

HALE COUNTY

Diamonds for Doulas

(619) 903-2701
Facebook: https://www.facebook.com/people/Diamonds-For-Doulas/61557033513822/
Website: https://diamonds-for-doulas.square.site/
Email: Diamondsfordoulas@gmail.com

- Serving Tuscaloosa, Bibb, Jefferson, Sumter, Hale, Pickens, and Montgomery Counties
- Newborn Care Classes
- Breastfeeding Support Group
- Doula Services
- Community Baby Shower Events
- The Birth Doula support program includes labor support, birth planning, group-based lactation support, and group-based childbirth education, and postpartum visits. Applicants can apply with this link: https://app.doulado.co/client?eyJpbnRha2VfaWQiOiIxOTA3In0%3D=_

JACKSON COUNTY

Community Action Partnership of North Alabama-Head Start
Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

JEFFERSON COUNTY

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

Diamonds for Doulas
(619) 903-2701
Facebook: https://www.facebook.com/people/Diamonds-For-Doulas/61557033513822/
Website: https://diamonds-for-doulas.square.site/
Email: Diamondsfordoulas@gmail.com
- Serving Tuscaloosa, Bibb, Jefferson, Sumter, Hale, Pickens, and Montgomery Counties
- Newborn Care Classes
- Breastfeeding Support Group
- Doula Services
- Community Baby Shower Events
- The Birth Doula support program includes labor support, birth planning, group-based lactation support, and group-based childbirth education, and postpartum visits. Applicants can apply with this link: https://app.doulado.co/client?eyJpbnRha2VfaWQiOiIxOTA3In0%3D=_

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

LAUDERDALE COUNTY

La Leche League of Lauderdale County
256-436-5867

LAWRENCE COUNTY

Community Action Partnership of North Alabama-Head Start
Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

LEE COUNTY

Auburn Lactation
Sam Del Toro RN, IBCLC
205-542-4301
Face Book: https://www.facebook.com/auburnlactation
Instagram: https://www.instagram.com/auburnlactation
Email: Auburnbreastfeeding@gmail.com
Serving Auburn Lee, Chambers and Macon Counties
- Breastfeeding Support Group

East Alabama Health, Opelika
Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
334-528-3709
Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support
Face Book: facebook.com/Auburn-Opelika BreastfeedingMommies
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
Katie Wolter, MD, IBCLC, FAAP, FABM, dipABLM
(334) 610-1576
Website: nourishfoundation.co/breastfeeding-support
Email: info@nourishwellnessal.com
- Serving Lee and surrounding counties
- Breastfeeding Support Group
- Prenatal yoga and Mom & Baby yoga are offered weekly on Mondays, and this program is a pay what you can class (book a class on our website).
- To book an appointment go to our website or text/call us directly at 334-610-1576.

Tiger Babies Breastfeeding Support Tent
Auburn University
(334) 844-5665
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

Village Maternal Services
Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
Website: linktr.ee/Village.Adiliah
Facebook: facebook.com/VillageMaternalServices
Email: villagedoulactation@gmail.com
Hours by appointment
- Serving Montgomery and surrounding counties
- Virtual Breastfeeding Support Group
- Community Baby Shower

LIMESTONE COUNTY

Community Action Partnership of North Alabama-Head Start
Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

LOWNDES COUNTY

The Wellness Coalition – REACH Program
Baby Café Program & Breastfeeding Continuity of Care Resources
(334) 293-6502
Website: thewellnesscoalition.org/babycafe/
Face Book: facebook.com/thewellnesscoalition
Email: bgomez@thewellnesscoalition.org
- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

Village Maternal Services
Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
Website: linktr.ee/Village.Adiliah
Facebook: facebook.com/VillageMaternalServices
Email: villagedoulactation@gmail.com
Hours by appointment
- Serving Montgomery and surrounding counties
- Virtual Breastfeeding Support Group
- Community Baby Shower

MACON COUNTY

Auburn Lactation
Sam Del Toro RN, IBCLC
205-542-4301
Face Book: https://www.facebook.com/auburnlactation
Instagram: https://www.instagram.com/auburnlactation
Email: Auburnbreastfeeding@gmail.com
Serving Auburn Lee, Chambers and Macon Counties
- Breastfeeding Support Group

The Wellness Coalition – REACH Program
Baby Café Program & Breastfeeding Continuity of Care Resources
(334) 293-6502
Website: thewellnesscoalition.org/babycafe/
Face Book: facebook.com/thewellnesscoalition
Email: bgomez@thewellnesscoalition.org
- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

Village Maternal Services
Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
Website: linktr.ee/Village.Adiliah
Facebook: facebook.com/VillageMaternalServices
Email: villagedoulactation@gmail.com
Hours by appointment

- Serving Montgomery and surrounding counties
- Virtual Breastfeeding Support Group
- Community Baby Shower

MADISON COUNTY

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

- 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

- Breastfeeding support group/ Women's Pavilion 256-265-7285
- Prenatal Breastfeeding Classes
- Breastfeeding Consultations
- Staff/Provider Education

La Leche League
540.735.8194
Lowe Mill, 2211 Seminole Dr SW, Huntsville, AL 35805

- Prenatal Breastfeeding Classes
- Breastfeeding Support Group - LLL of Madison County meets at Lowe Mill on the 3rd Friday of every month from 11:15am - 12:15pm. LLL is free, mother-to-mother breastfeeding support and information from experienced leaders.

Military Families Only - 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

MARION COUNTY

Community Action Partnership of North Alabama-Head Start
Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

MARSHALL COUNTY

Community Action Partnership of North Alabama-Head Start
Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

MOBILE COUNTY

Gulf Coast Lactation
251-455-8928
Scotty Thomson, RN, BSN, IBCLC, Owner
Cassie Hooks, RD, IBCLC
Melanie Edwards, RN, IBCLC
Website: gulfcoastlactation.com
Email: gulfcoastlactation@gmail.com
Face Book: https://www.facebook.com/gulfcoastlactation
Instagram: https://www.instagram.com/gulfcoastlactation/

- Prenatal breastfeeding education
- Breastfeeding support group
- Starting Solids Class quarterly for all families getting started with solids
- Please see the website for updates

MONTGOMERY COUNTY

Baptist Medical Center Lactation Services
BMC East: 334-747-8360
BMC South: 334-286-2829
Website: baptistfirst.org/services/womens-health/maternity-services/breastfeeding-support

- Breastfeeding Support Group
- After-hours breastfeeding support (BMCE – (334)747-8360)

Diamonds for Doulas
(619) 903-2701
Facebook: https://www.facebook.com/people/Diamonds-For-Doulas/61557033513822/
Website: https://diamonds-for-doulas.square.site/
Email: Diamondsfordoulas@gmail.com

- Serving Tuscaloosa, Bibb, Jefferson, Sumter, Hale, Pickens, and Montgomery Counties
- Newborn Care Classes
- Breastfeeding Support Group

- Doula Services
- Community Baby Shower Events
- The Birth Doula support program includes labor support, birth planning, group-based lactation support, and group-based childbirth education, and postpartum visits. Applicants can apply with this link: https://app.doulado.co/client?eyJpbnRha2VfaWQiOiIxOTA3In0%3D=_

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)

La Leche League – Montgomery Area
Email: LLL.Montgomery.AL@gmail.com

Military Families Only -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)

The Wellness Coalition – REACH Program
Baby Café Program & Breastfeeding Continuity of Care Resources
(334) 293-6502
Website: thewellnesscoalition.org/babycafe/
Face Book: facebook.com/thewellnesscoalition
Email: bgomez@thewellnesscoalition.org
- Serving the River Region
- Breastfeeding Support Group
- Breastfeeding Accessories
- Provider/Staff Education

Village Maternal Services
Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
Website: linktr.ee/Village.Adiliah
Facebook: facebook.com/VillageMaternalServices
Email: villagedoulactation@gmail.com
Hours by appointment
- Serving Montgomery and surrounding counties
- Virtual Breastfeeding Support Group
- Community Baby Shower

MORGAN COUNTY

Community Action Partnership of North Alabama-Head Start
Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

La Leche League Morgan County/Decatur
Meredith Madison-Simpson, LBSW, COTA/L, certified LLL Leader
256-616-2344 – Meredith – call or text
24/7 Assistance via GroupMe – text for GroupMe info
Website: lllalmsla.org/lll-groups/alabama-groups/morgan-county
Email: lllofmorgancounty@gmail.com
Face Book: facebook.com/LaLecheLeagueofMorganCounty
- Breastfeeding Support Group (Virtual and In Person)
- Weekend/Evening Availability
- Breastfeeding Accessories
- Community Baby Shower Events

PICKENS COUNTY

Diamonds for Doulas
(619) 903-2701
Facebook: https://www.facebook.com/people/Diamonds-For-Doulas/61557033513822/
Website: https://diamonds-for-doulas.square.site/
Email: Diamondsfordoulas@gmail.com
- Serving Tuscaloosa, Bibb, Jefferson, Sumter, Hale, Pickens, and Montgomery Counties
- Newborn Care Classes
- Breastfeeding Support Group
- Doula Services
- Community Baby Shower Events
- The Birth Doula support program includes labor support, birth planning, group-based lactation support, and group-based childbirth education, and postpartum visits. Applicants can apply with this link: https://app.doulado.co/client?eyJpbnRha2VfaWQiOiIxOTA3In0%3D=_

RUSSELL COUNTY

East Alabama Health, Opelika
Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
334-528-3709
Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support

Face Book: facebook.com/Auburn-Opelika BreastfeedingMommies
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

TALLAPOOSA COUNTY

East Alabama Health, Opelika

Angela Hamby BSN RN IBCLC
Stephanie Johnson BSN RN IBCLC
Sarah White BSN RN IBCLC
Jennifer Kleine BSN RN IBCLC
Cheryl Adams BSN RN IBCLC
334-528-3709
Website: eastalabamahealth.org/services/womens-health/maternity-care/breastfeeding-support
Face Book: facebook.com/Auburn-Opelika BreastfeedingMommies
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

TUSCALOOSA COUNTY

Diamonds for Doulas

(619) 903-2701
Facebook: https://www.facebook.com/people/Diamonds-For-Doulas/61557033513822/
Website: https://diamonds-for-doulas.square.site/
Email: Diamondsfordoulas@gmail.com

- Serving Tuscaloosa, Bibb, Jefferson, Sumter, Hale, Pickens, and Montgomery Counties
- Newborn Care Classes
- Breastfeeding Support Group
- Doula Services
- Community Baby Shower Events
- The Birth Doula support program includes labor support, birth planning, group-based lactation support, and group-based childbirth education, and postpartum visits. Applicants can apply with this link: https://app.doulado.co/client?eyJpbnRha2VfaWQiOiIxOTA3In0%3D=

La Leche League Contact

205-410-1934, Jessica

Northport Medical Center

205-330-3031
Website: dchsystem.com/services/womens-services/labor-delivery/lactation-services

- Baby Weigh Days (no cost)

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

WINSTON COUNTY

Community Action Partnership of North Alabama-Head Start

Crystal Terry, MA, CLC
256-260-3140 or 256-278-6788

PAID LACTATION SERVICES



AUTAUGA COUNTY

River Region Lactation, LLC
Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

Village Maternal Services
Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
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
- Lactation services: $65-$240
- Childbirth prep & Doula services: $120-$1500

BALDWIN COUNTY

Gulf Coast Lactation
251-455-8928
Scotty Thomson, RN, BSN, IBCLC, Owner
Cassie Hooks, RD, IBCLC
Melanie Edwards, RN, IBCLC
Website: gulfcoastlactation.com
Email: gulfcoastlactation@gmail.com
Face Book: https://www.facebook.com/gulfcoastlactation
Instagram: https://www.instagram.com/gulfcoastlactation/

- Serving Baldwin and Mobile Counties
- We accept BCBS, Cigna, UHC, Aetna
- We have a breastfeeding class every 3rd Saturday of the month
- We provide a breastfeeding support group weekly every Thursday from 10-11:30
- Weekend appointments available
- Private pay in person appointments in the office are $150 for a 90 min session.
- Private telehealth appointments are for $100/60 min.
- Breast pump education & flange fitting
- Provider/Staff Education
- Please see the website for updates.

BLOUNT COUNTY

Alma Adora Lactation
205-743-9710
Kimberly Greer, RN, IBCLC
Website: almaadoralactation.com
Face Book: facebook.com/AlmaAdoraLactation
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

CHAMBERS COUNTY

Auburn Lactation
Sam Del Toro RN, IBCLC
205-542-4301
Face Book: https://www.facebook.com/auburnlactation
Instagram: https://www.instagram.com/auburnlactation
Email: Auburnbreastfeeding@gmail.com
Serving Auburn Lee, Chambers and Macon Counties

- Prenatal Visits
- Postpartum Visits
- Newborn Care Classes
- Home or telehealth visits
- NICU/NICU graduate appointments
- Weekend/Evening Availability
- Provider/Staff Education
- Breastfeeding Support Group

CHILTON COUNTY

River Region Lactation, LLC
Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

CULLMAN COUNTY

Alma Adora Lactation

205-743-9710
Kimberly Greer, RN, IBCLC
Website: almaadoralactation.com
Face Book: facebook.com/AlmaAdoraLactation
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 COUNTY

River Region Lactation, LLC

Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

DALLAS COUNTY

River Region Lactation, LLC

Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

Village Maternal Services

Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
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
- Lactation services: $65-$240
- Childbirth prep & Doula services: $120-$1500

ELMORE COUNTY

River Region Lactation, LLC

Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

Village Maternal Services

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CHAMPS National Participant
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
- Lactation services: $65-$240
- Childbirth prep & Doula services: $120-$1500

ETOWAH COUNTY

The New You Bra Boutique, Gadsden
256-546-6398
- Breast Pumps/Supplies

JEFFERSON COUNTY

Alma Adora Lactation
205-743-9710
Kimberly Greer, RN, IBCLC
Website: almaadoralactation.com
Face Book: facebook.com/AlmaAdoraLactation
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

Birmingham Breastfeeding
Jordan Clarke RN, IBCLC
Tabitha Baker RN, IBCLC
Valerie Grauel RN, IBCLC
Katherine Zieman CRNP, IBCLC
Lindsey Salem RN, IBCLC
Courtney Parrish RN, IBCLC
Hannah Meads RN, IBCLC
Meagan Curry RN, IBCLC
Lindzi Lee NP, IBCLC
205-881-2252
Website: birminghambreastfeeding.com
Face Book: facebook.com/BirminghamBreastfeeding
Instagram: Instagram.com/birminghambreastfeeding
Email: contact@birminghambreastfeeding.com
- Serving All Counties Virtually
- In-Office and In-home Services: Jefferson, St. Clair, Shelby Counties
- Prenatal breastfeeding classes
- Breastfeeding consultations
- Breastfeeding Accessories
- Breast Pump Purchase
- We accept BSBC of AL, Viva, Aetna for Breast Pumps

LEE COUNTY

Auburn Lactation
Sam Del Toro RN, IBCLC
205-542-4301
Face Book: https://www.facebook.com/auburnlactation
Instagram: https://www.instagram.com/auburnlactation
Email: Auburnbreastfeeding@gmail.com
Serving Auburn Lee, Chambers and Macon Counties
- Prenatal Visits
- Postpartum Visits
- Newborn Care Classes
- Home or telehealth visits
- NICU/NICU graduate appointments
- Weekend/Evening Availability
- Provider/Staff Education
- Breastfeeding Support Group

Nourish Moms & Babies
Katie Wolter, MD, IBCLC, FAAP, FABM, dipABLM
(334) 610-1576
Website: nourishfoundation.co/breastfeeding-support
Email: info@nourishwellnessal.com
Serving Lee and surrounding counties
- Multidisciplinary lactation appointments
- Virtual appointments available
- Pre- & post-feeding weights
- Breastfeeding Support Group
- Income-based fees, insurance accepted
- Lactation support visits are covered through insurance or income based. All lactation appointments are with Dr. Katie Wolter who is a pediatrician and IBCLC.
- Visits with social worker for resource allocations are also an option and we can help with families experiencing food insecurity during postpartum up to 18 months.
- Prenatal yoga and Mom & Baby yoga are offered weekly on Mondays, and this program is a pay what you can class (book a class on our website).
- To book an appointment go to our website or text/call us directly at 334-610-1576.

Village Maternal Services
Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
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
- Lactation services: $65-$240
- Childbirth prep & Doula services: $120-$1500

LOWDNES COUNTY

River Region Lactation, LLC

Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

MACON COUNTY

Auburn Lactation

Sam Del Toro RN, IBCLC
205-542-4301
Face Book: https://www.facebook.com/auburnlactation
Instagram: https://www.instagram.com/auburnlactation
Email: Auburnbreastfeeding@gmail.com
Serving Auburn Lee, Chambers and Macon Counties

- Prenatal Visits
- Postpartum Visits
- Newborn Care Classes
- Home or telehealth visits
- NICU/NICU graduate appointments
- Weekend/Evening Availability
- Provider/Staff Education
- Breastfeeding Support Group

River Region Lactation, LLC

Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

Village Maternal Services

Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
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
- Lactation services: $65-$240
- Childbirth prep & Doula services: $120-$1500

MADISON COUNTY

A Nurturing Moment

325-939-4141
Website: anurturingmomentmidwife.com
Facebook: https://www.facebook.com/anurturingmoment
Email: anurturingmomentmidwife@gmail.com

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

MARSHALL COUNTY

Alma Adora Lactation

205-743-9710
Kimberly Greer, RN, IBCLC
Website: almaadoralactation.com
Face Book: facebook.com/AlmaAdoraLactation
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

MOBILE COUNTY

Gulf Coast Lactation

251-455-8928
Scotty Thomson, RN, BSN, IBCLC, Owner
Cassie Hooks, RD, IBCLC
Melanie Edwards, RN, IBCLC
Website: gulfcoastlactation.com
Email: gulfcoastlactation@gmail.com
Face Book: https://www.facebook.com/gulfcoastlactation
Instagram: https://www.instagram.com/gulfcoastlactation/

- Serving Baldwin and Mobile Counties
- We accept BCBS, Cigna, UHC, Aetna
- We have a breastfeeding class every 3rd Saturday of the month
- We provide a breastfeeding support group weekly every Thursday from 10-11:30
- Weekend appointments available
- Private pay in person appointments in the office are $150 for a 90 min session.
- Private telehealth appointments are for $100/60 min.
- Breast pump education & flange fitting
- Provider/Staff Education
- Please see the website for updates.

MONTGOMERY COUNTY

River Region Lactation, LLC

Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

Village Maternal Services

Adiliah Smith, BS, MLC, LE(C), CD(DONA), IBCLC
CHAMPS National Participant
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
- Lactation services: $65-$240
- Childbirth prep & Doula services: $120-$1500

PIKE COUNTY

River Region Lactation, LLC

Farron Yarbrough RN, IBCLC
Jill Buck RN, IBCLC
334-219-0110
Website: rrlactation.com
Email: gethelp@rrlactation.com
Face Book: https://www.facebook.com/people/River-Region-Lactation-LLC/100078541338636/
Instagram: https://www.instagram.com/riverregionlactation

- Serving Prattville, Millbrook, Wetumpka, Deatsville, Montgomery, Pike Road, Troy, and surrounding areas
- Breastfeeding consultations
- Prenatal breastfeeding consultations
- In-home, telephone, and telehealth/virtual consults
- Weekend appointments available
- Self-pay – see website for rates
- Many Insurance plans accepted including All Kids (All-Kids does require a referral)

WALKER COUNTY

Alma Adora Lactation

205-743-9710
Kimberly Greer, RN, IBCLC
Website: almaadoralactation.com
Face Book: facebook.com/AlmaAdoraLactation
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

FREE STATEWIDE VIRTUAL RESOURCES



Alabama Breastfeeding Committee (ABC)
Beth Donaldson, RN, IBCLC– Chair
Website: alabamabreastfeeding.org
Email: Beth.laborrn@gmail.com
Promoting, supporting, and protecting breastfeeding in Alabama

Alma Adora Lactation
Kimberly Greer, RN, IBCLC
205-743-9710
Website: almaadoralactation.com
Face Book: facebook.com/AlmaAdoraLactation
Email: kimberlygreer@almaadoralactation.com
- Virtual Support Group
- Provider/Staff Education

La Leche League Morgan County/Decatur
Meredith Madison-Simpson, LBSW, COTA/L, certified LLL Leader
256-616-2344 – Meredith – call or text
24/7 Assistance via GroupMe – text for GroupMe info
Website: lllalmsla.org/lll-groups/alabama-groups/morgan-county
Email: lllofmorgancounty@gmail.com
Face Book: facebook.com/LaLecheLeagueofMorganCounty
- Virtual Breastfeeding Support Group
- Weekend/Evening Availability

Mother's Milk Bank of Alabama
(205) 953-1043
Kristina Habchi, CLC
Kaitlin Schaeffer, RNC-IBCLC
Alexis Vakakes, RN-IBCLC
https://www.facebook.com/MothersMilkBankofAlabama
Instagram: instagram.com/mothersmilkbankofal
info@mmbal.org
- Virtual Breastfeeding Support
- Provider/Staff Education
- Breastfeeding Accessories
- Breastmilk Donation
- All milk donors receive pump parts, breastfeeding resources, and education.
- All families who reach out for donor human milk and would like breastfeeding assistance receive a virtual consultation with our IBCLC's on staff. There is no fee associated with the virtual IBCLC consultation.

Reaching Our Sisters Everywhere (R.O.S.E.)
404-719-4297
CHAMPS National Participant
Website: www.breastfeedingrose.org
FaceBook: https://www.facebook.com/BreastfeedingRose
- Virtual Prenatal/Breastfeeding Education
- Virtual Breastfeeding Support Group - offered each Monday from 12p-2p CST. Open to all.
- Community Baby Shower

PAID STATEWIDE VIRTUAL RESOURCES

Alma Adora Lactation

Kimberly Greer, RN, IBCLC
205-743-9710
Website: almaadoralactation.com
Face Book: facebook.com/AlmaAdoraLactation
Email: kimberlygreer@almaadoralactation.com

- Serving Blount, Jefferson, Walker, Cullman, and Marshall Counties in person and statewide virtual care
- Home and virtual visits
- Prenatal breastfeeding education
- Newborn Care Classes
- Breatfeeding Support Group
- Breastfeeding/chestfeeding consultations
- Breastfeeding Accessories
- After-hours breastfeeding support
- Flange fittings, pumping consults
- Provider/Staff Education

Birmingham Breastfeeding

Jordan Clarke RN, IBCLC
Tabitha Baker RN, IBCLC
Valerie Grauel RN, IBCLC
Katherine Zieman CRNP, IBCLC
Lindsey Salem RN, IBCLC
Courtney Parrish RN, IBCLC
Hannah Meads RN, IBCLC
Meagan Curry RN, IBCLC
Lindzi Lee NP, IBCLC
205-881-2252
Website: birminghambreastfeeding.com
Face Book: facebook.com/BirminghamBreastfeeding
Instagram: Instagram.com/birminghambreastfeeding
Email: contact@birminghambreastfeeding.com

- Serving All Counties Virtually
- In-Office and In-home Services: Jefferson, St. Clair, Shelby Counties
- Prenatal breastfeeding classes
- Breastfeeding consultations
- Breastfeeding Accessories
- Breast Pump Purchase
- We accept BSBC of AL, Viva, Aetna for Breast Pumps

Little Ones Lactation Services

Rebekah Lewis, BSN, RN, IBCLC
678-653-5657
Website: littleoneslactation.org
Face Book: facebook.com/littleoneslactation
Email: rebekah@littleoneslactation.org

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

Mother's Milk Bank of Alabama

Kristina Habchi, CLC
Kaitlin Schaeffer, RNC-IBCLC
Alexis Vakakes, RN-IBCLC
https://www.facebook.com/MothersMilkBankofAlabama
Instagram: instagram.com/mothersmilkbankofal
(205) 953-1043
info@mmbal.org

- Pasteurized Donor Human Milk for Purchase
- We offer a sliding scale for donor human milk received outside the hospital setting, based on household size and income. We serve based on medical necessity.
- All families who reach out for donor human milk and would like breastfeeding assistance receive a virtual consultation with our IBCLC's on staff. Thre is no fee associated with the virtual IBCLC consultation.

Reaching Our Sisters Everywhere (R.O.S.E.)

404-719-4297
CHAMPS National Participant
Website: www.breastfeedingrose.org
FaceBook: https://www.facebook.com/BreastfeedingRose

- Provider/Staff Education
- Speaking Engagements

NATIONAL FREE TELEPHONE HOTLINES



Breastfeeding USA Breastfeeding Warmline - (612) 293-6622

- The Breastfeeding USA Warmline may be reached 24/7 for parents needing support and information on infant feeding and related subjects.
- When you call us at (612) 293-6622, a pre-recorded voice message in English and Spanish will receive your call. Leave us a message with your name, phone number and tell us why you're calling. A Breastfeeding USA Counselor (BC) will return your call within 24 hours.
- BCs are experienced breastfeeding parents accredited following completion of a comprehensive breastfeeding education program. We provide information and support to pregnant and breastfeeding and chestfeeding parents, with sensitivity, attention to your unique goals, while providing evidence-based information. Pick up the phone, and give us a call! We'd love to chat

Office of Women's Health - National Women's Health and Breastfeeding Helpline – 1-800-994-9662

- Do you have a women's health question or trouble with breastfeeding? Call us anytime between 9 a.m. and 6 p.m. ET, Monday through Friday, at 1-800-994-9662 to talk with a health information specialist in English or Spanish.
- Our women's health information specialists who answer the phone are also trained as breastfeeding peer counselors. You can call us for free, as many times as you need to!

The University of Oklahoma's Breastfeeding Resource Center Breastfeeding Hotline – Call: 1-877-271-MILK (6455) Text: OK2BF to 61222

- The free OBH is available to talk or text, 24 hours a day, 7 days a week, 365 days per year.
- You do not have to live in Oklahoma to use this free service.
- The hotline is a call back system. Callers leave a message for a return call / text.
- For routine issues, callers are contacted that same day, during business hours 7:00am - 7:00pm.
- The Hotline is staffed by breastfeeding experts, International Board Certified Lactation Consultants (IBCLCs).
- For urgent issues, the IBCLC will be paged (24 hours a day) and will return your call within one hour. It is best to call & leave a message when you have urgent issues!
- OBH is for breastfeeding families, pregnant families, health care providers, or anyone in need of breastfeeding support and information.
- Translation services available!

The Infant Risk Center Medications and Breastfeeding Helpline - (806) 352-2519

- The Infant Risk Center, headed by Dr. Thomas Hale (author of "Medications and Mothers' Milk"), is dedicated to providing up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding

LACTATION SUPPORT PROVIDER (LSP) DESCRIPTORS

Courses and the specifics listed herein are not exhaustive and may change. Updated April 2024.

Category	Descriptions	Training	Credentials & Programs
Lactation Consultants	Referral to these health professionals is appropriate for the full range of breastfeeding care, particularly involving high acuity breastfeeding situations. Often work clinically as part of the healthcare team in both inpatient and outpatient settings; may also work in private practice.	**90-95 didactic hours,** and additional training requirements and exam for each title.	**International Board Certified Lactation Consultant® (IBCLC®)** Program accreditation by Nat'l Commission for Certifying Agencies (NCCA) • Health professionals and individuals with 14 college level health science courses (6 can be continuing education) • 95 lactation-specific didactic hours • 300 to 1000+ hours of clinical practice, depending on the pathway
			Advanced Lactation Consultants® (ALC®) • Certification as a CLC® or IBCLC® • Plus 2 college credits in *Maternal and Infant Assessment* and 3 college credits in *Advanced Issues in Lactation Practice*
			Advanced Nurse Lactation Consultants® (ANLC®) • Current RN license and certification as a CLC® or IBCLC® • Plus 3 college credits in *Advanced Issues in Lactation Practice*
Breastfeeding Counselors	Individuals who hold these certifications or similar have the skills to provide breastfeeding counseling, address normal breastfeeding in healthy term infants, and to conduct maternal and infant assessments of anatomy, latch, and positioning, while providing support. Often provide support to families in the hospital and community settings. Counselors may have additional competencies to assist families with breastfeeding difficulties.	**45-95 hours** of classroom training and exam. The Indigenous Lactation Counselor and Military Lactation Counselor do not have exams.	**Certified Breastfeeding Specialists® (CBS®)** • 52+ didactic hours and exam, earning 3 college credits, *Core Lactation Consultant Course (CLCC)* • 95+ didactic hours and exam, earning 6 college credits, *Lactation Consultant Training Program (LCTP)*
			Certified Lactation Counselors® (CLC®) Program accreditation by American Nat'l Standards Institute (ANSI) • 95 didactic hours; ANSI accredited exam earning 3 college credits
			Indigenous Lactation Counselor • 45 hours without exam • Solely for individuals who identify as Native or Indigenous
			Military Lactation Counselor® (MLC®) • 53 hours without exam • Focused on meeting the needs of military families
Breastfeeding Peer Counselors	Breastfeeding peer support organizations equip these LSPs to meet the needs of the families they serve, focusing primarily on individual and community support.	Personal breastfeeding experience and approximately **20 hours** of training through various community models, except for the La Leche League Leader program, which has **90 hours** of training.	Peer support organizations equip these LSPs to meet the needs of the families they serve, focusing primarily on individual and community support. Examples of national breastfeeding peer counselor organizations in the U.S. include: **Breastfeeding USA** **CAPPA** **HealthConnect One** **La Leche League USA** **Reaching Our Sisters Everywhere** **Women, Infants, and Children**
Breastfeeding Peer Counselors	Qualified to support and educate on breastfeeding and related issues. Does not perform clinical care.	**45 hours** for CLE® of training, and exam. **20 hours** for LE(C) of training, and exam.	**Certified Lactation Educators® (CLE®)** • 45 instructional hours and exam
			Community Lactation Educator LE(C) • 20 instructional hours and exam

This resource is supported by Cooperative Agreement Number, 6 NU38OT000167-05-03, funded by the Centers for Disease Control and Prevention (CDC). Contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the Department of Health and Human Services. The American Academy of Pediatrics, American College of Obstetricians and Gynecologists, American Academy of Family Physicians, and the U.S. Breastfeeding Committee - affiliated Lactation Support Provider (LSP) Constellation, support this document as an educational tool.

