COMMUNITY RESOURCE
LACTATION SERVICES

It is recommended you follow up after discharge from the hospital with a skilled breastfeeding support person within one week. These professionals can assess feedings and provide you and your baby the support needed to achieve your breastfeeding goals and experience the best breastfeeding practice.

**Lactation Consultants at TMH: 431-0468**
Mon-Fri 9:00 am – 3:00 pm

**Outpatient counseling:**
By appointment (many insurances accepted)

**Weekly Support Group:**
Tuesday and Thursday 10:30 am – 12:00 pm (no fee) - at A Woman’s Place

**A Woman’s Place** at 1301 E. 6th Ave | 431-4915 | AWomansPlace@TMH.ORG
Corner of 6th and Lee Ave. The store provides Ameda and Medela rentals and personal care pumps, replacement parts, maternity and breastfeeding bras, nursing pillows and other breastfeeding items.

**Breasts pump rental information:** A woman’s place has the following rentals available:
- Ameda Platinum.......................... $70/month
- Medela Symphony ........................ $70/month

*At time of rental, a cleaning fee of $20 will be charged. If pump is returned clean, the fee will be refunded.*

**WIC Information:**
Leon County ............... 850-606-8300
Madison County......... 850-973-5000
Liberty County .......... 850-643-2415
Washington County .... 850-638-6240
Franklin County ........ 850-697-4124
Thomas County (GA) ... 229-226-4250
Holmes County ........... 850-547-8500
Carrabelle...................... 850-697-4124
Gadsden County ............ 850-875-7200
Calhoun County .......... 850-674-3806
Jackson county .......... 850-526-2412
Gulf Bay County .......... 850-227-7231
Jefferson County .......... 850-342-0167
Taylor County .......... 850-584-5087
Wakulla County ............ 850-606-8300
Apalachicola ............... 850-653-2111

Call Florida WIC information at 800-342-3556 if unable to reach your county WIC.

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MORE LACTATION SERVICES

Mommy Market at A Woman’s Place: 431-4928 | TMH.ORG/AWomansPlace
An intimate shop for purchasing breastfeeding supplies, including breast pumps, from supportive staff. Breast pump rentals.

Prenatal Breastfeeding Class at A Woman’s Place: 431-4915
30.00 fee includes registration for the pregnant mom and one support person. Capital Health Plan covers the cost of this class for its members. A Woman’s Place will bill CHP on the pregnant mom’s behalf. To register for this and other classes go to www.tmh.org/events. Online payment or CHP verification will be required at the time of registration.

Healthy Start Programs within the Capital Area Healthy Start Coalition Region: www.capitalareahealthystart.org
Healthy Start provides individualized breastfeeding education and support to prenatal women and to mothers of infants (postpartum women) who are enrolled in their program. The breastfeeding education and support are provided by Healthy Start staff who have specialized training in breastfeeding and the services are free. The breastfeeding education and support services are provided by the Healthy Start Program in the county in which the mother or baby resides. (Neighboring county Healthy Start Coalitions have Healthy Start programs with breastfeeding services as well.)

- Leon County: 606-8050
- Wakulla County: 926-0400 ext. 6092

La Leche League of Tallahassee: 296-8490 | Call to verify meeting time and place. www.llflorida.com/lalecheleague/groups/lll-of-tallahassee

“An international, non-profit, non-sectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed…La Leche League Leaders are fully accredited volunteers who are experienced breastfeeding mothers trained to provide mother-to-mother breastfeeding support, information, encouragement and education.” Healthy children, partners and support people welcome at meetings.

- Meetings and phone help are free of charge. Meetings have educational themes.
- Breastfeeding Café: 6668 Thomasville Rd., Suite 18. 2nd Saturday of each month, 11:00 am
- Morning meetings: 2626 Care Drive (behind Capital Regional Medical Center), Tallahassee Suite 109. 3rd Thursday of each month, 10:00 am
- Evening meetings: 2626 Care Drive, Suite 109. 4th Thursday of each month except November and December when meetings are the 3rd Thursday at 6:30 pm