

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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**TALLAHASSEE
MEMORIAL**
HEALTHCARE

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