

Breastfeeding Resource Guide

La Leche League of Mobile Bay

www.facebook.com/La-Leche-League-Mobile-Bay-Area-135499483134810/

Meets: 3rd Monday of each month at 10:30 am.
La Leche League Leaders are available by phone and email: Sarah Cooper 850-843-4601, sarahcooperlll@yahoo.com

Breastfeeding Counselors

WIC Breastfeeding Counselors - 251-690-8806

- ♦ Meridith Gardner, IBCLC

Mobile Infirmery Medical Center - 251-435-2525

- ♦ Sandy Wallace, RN, IBCLC
- ♦ Ina Hall, RN

Providence Hospital - 251-633-1749

- ♦ Marcia Ranew, RN, BS, CCE, IBCLC
- ♦ Jennifer Zirlott, RN, CLC

Springhill Memorial Hospital - 251-460-5207

- ♦ Eileen Lenoir, IBCLC
- ♦ Kayla Payne, MSN, RN, IBCLC
251-620-8702

USA Children's and Women's Hospital 251-415-1285

- ♦ Tammy Doherty, RN, IBCLC
- ♦ Jamie Williams, RN, IBCLC

Prenatal Breastfeeding Classes

Mobile County Health Dept. 251-690-8906

Mobile Infirmery 251-435-2525

Springhill Memorial Hospital 251-340-7769

- ♦ Eileen Lenoir, IBCLC

Understanding Breastfeeding 251-415-1685

- ♦ Monthly on Thursday night from 6-9pm
Tammy Doherty, RN, IBCLC
Monthly on Saturday from 10am-12pm
Genevieve Mantell, BSN, RN

Childbirth and Breastfeeding Classes

2B Choices for Women 251-343-4636

- ♦ Childbirth and Breastfeeding Class

Women's Resource in Mobile 251-344-4357

Preparing for Childbirth 6-hour class

- ♦ Monthly on Saturday from 9am-2pm
Genevieve Mantell, BSN, RN
251-415-1685

Childbirth in a Nutshell 2.5-hour class

- ♦ Monthly on Wednesday from 6p -8:30p
Genevieve Mantell, BSN, RN
251-415-1685

Please call (251) 694-5007 if one of these listings is not up to date.

Postpartum Breastfeeding Support Groups

Mobile County Health Department

- Mobile County Peer Counselor Program
- ♦ Meredith Gardner, IBCLC
mgardner@mchd.org 251-690-8986

The Lactation Circle (TLC)

- Mobile County WIC Patients
- ♦ Meets: Mobile County Health Department
251 Bayou St, 2nd Floor, Room 260
Every third Wednesday, at 10am
Meredith Gardner, 251-690-8986

Springhill Memorial Hospital

- Breastfeeding Support Group
- ♦ Meets: Moorer/Spring Hill Branch Library
4 McGregor Ave S, Mobile, AL
Kayla Payne 251-620-8702
Kayla.Payne@springhill.org

USA Children's and Women's Hospital

- Mother's Milk Club for NICU Moms
- ♦ Meets: Monday at 3p, for NICU Moms
251-415-1271 for more information

The BFF Breastfeeding Support Group

- ♦ Meets: The Strada Patient Care Center
1st Floor Conference Room
1601 Center St, Mobile, AL 36604
Mondays, from 5:30p-7:00p
Thursdays from 9:00a-11:00a
Genevieve Mantell, RN 251-410-4517
- ♦ Infant weight checks available

Breast Pump/Supplies

Advantage Diabetic and Medical Co 251-661-2238

American Home Patient 251-380-5280

Bay Home Medical 251-214-0525

Mobile County Health Department

WIC participants 251-690-8986

Mobile Infirmery 251-435-2525

Providence Home Medical Services 251-633-7491

Saad healthcare 251-343-9600

Springhill Memorial Hospital Pharmacy 251- 460-3870

Breastmilk Donation

Infirmery Milk Depot 251-435-7800

<https://www.infirmeryhealth.org/services/newborn-and-women/milk-bank>

National Breastfeeding Hotline

800-994-9662 Monday-Friday 9:00-6:00p