
*The Alabama
Breastfeeding Committee*



***Statewide
Breastfeeding Support Group Directory***
July, 2018

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THE ALABAMA BREASTFEEDING COMMITTEE

The purpose of this directory is to share current information regarding breastfeeding support groups in Alabama, so that mothers in need of assistance might be referred.

Entries are listed alphabetically by city in Alabama. Information is supplied by representatives of these groups and may be subject to change. Contact information is supplied for updates.

La Leche League information is located separately, after the hospital-based support groups, and can also be found at their website at www.lllallmsla.org

“Breastfeeding Support Groups” is also located on the ABC website at www.alabamabreastfeeding.org and at www.alabamapublichealth.gov/perinatal.

To make changes or additions in the directory, please contact Gayle Whatley at gwhatley53@bellsouth.net. Updates will be made on the websites upon receipt but will be only updated in the manual yearly, or as needed.

If interested in becoming a member of the Alabama Breastfeeding Committee, please submit the application that is located on our website at:

www.alabamabreastfeeding.org

This publication is free and may be shared.

Breastfeeding Support Groups

Anniston

- RMC Milk Drop
 - RMC Lactation Center, 400 East 10th Street, Anniston, Alabama
 - Wednesdays from 10a-12n.
 - Drop in for weight checks, questions for IBCLCs, or drop off donor milk
 - Call 256-235-5132, ext. 1, for more information

*Baby Friendly Facility

Athens

- Athens Limestone Hospital Moms and Babies
 - Medical Office Building, 101 Fitness Way, Athens, Al
 - Meets Fridays, at 10a
 - Contact Glenni Lorick at 256-658-8210, for more info.

Auburn/Opelika

- Auburn/Opelika Mommies Breastfeeding Support Group
 - Lactation Resource Center (near OB Observation), East Alabama Medical Center, Opelika
 - Every Thursday from noon until 2p. Follow the “fish” signs to elevator D!
 - Call 334-528-3709, for more information.

*Baby Friendly Facility

Bay Minette

- North Baldwin Infirmary Baby Bistro
 - First United Methodist Church, Bay Minette, Alabama
 - First Tuesday of each month, from 10a-12n
 - Call 251-239-2296, for more information

*Baby Friendly Facility

Bessemer

- Brookwood Baptist Breastfeeding Support Group
 - Pleasant Hill United Methodist Church, 4809 Bell Hill Rd., Bessemer, Al.
 - Located in the church parlor
 - Meets on Mondays, from 10a-12n
 - Call 205-877-1978, for more information or lactation assistance.

Birmingham

- Brookwood Baptist Breastfeeding Support Group – Princeton Area
 - 6th Avenue Baptist Church, 1101 Martin Luther King Drive, Birmingham, Al
 - 2nd floor John Thomas Porter Building
 - Meets on Mondays, from 1p-3p
 - Call 205-877-1978, for more information or lactation assistance.
- Brookwood Baptist Breastfeeding Support Group (Greystone)
 - Church of Brook Hills (at Greystone), 3145 Brook Highland Parkway, Room 301, Birmingham, Alabama
 - Meets on Tuesdays, from 1p-3p
 - Call 205-877-1978, for more information or lactation assistance.

Birmingham (continued)

- Chocolate Milk Mommies
 - East Lake United Methodist Church, 7753 1st Avenue South, Birmingham, Al
 - Meets every 2nd and 4th Monday, from 6:30p-8:00p
 - Call 205-538-1756, for more information.

- St. Vincent's Hospital Baby Café
 - 810 St. Vincent's Drive, Birmingham, Alabama, 4th floor of Women's and Children's Center
 - Tuesdays and Wednesdays, from 1p-3p
 - Call 205-212-6667, for more information

- St. Vincent's 119 Baby Café
 - 7191 Cahaba Valley Road, Birmingham, Alabama - Location posted weekly at the 119 Building
 - Wednesday from 10a-12n
 - Call 205-408-6600, for more information

Dothan

- Southeast Alabama Medical Center Women's Center
 - 1108 Ross Clark Circle, 2nd Floor Women's Center, Dothan, Alabama
 - First and Third Thursdays, from 10a-12n.
 - Call 334-673-4141, for more information

- Nourish Breastfeeding Support Group
 - Church at the Crossing, 208 TV Road, Dothan, Al.
 - Meets the 2nd and 4th Wednesday of each month, from 10a-12n

- Call Beth Turner at 334-803-1227 or Keitha Lanley, at 334-200-6572, for more information.

Enterprise

- Breastfeeding Support Group of Enterprise
 - Women’s Center Conference Room, Medical Center Enterprise, 400 North Edwards Street, Enterprise, AL
 - Meetings on the second Tuesday of each month, from 9a-10:30a, and on the fourth Tuesday, from 5:30-7:30.
 - For more information or to RSVP, call 334-348-8828

Fairhope

- Eastern Shore Baby Café
 - Dr. Diegmann and Henderson, OBGYN, 150 S. Ingleside Street, Fairhope, Al
 - Meets on Wednesdays, from 12n-1:30p
 - Call 251-2792004, for more information

Gadsden

- Gadsden Breastfeeding Support Group
 - Gadsden Regional Medical Center, 500 Building Conference Room, Gadsden, Al
 - Meets last Tuesday, from 5p-7p
 - Call 256-494-4334 or 256-494-4231, for more information.

Huntsville

- Breastfeeding Support Group
Huntsville Hospital Women’s Pavilion, 245 Governors Dr. SE, Ground Floor Classroom, Huntsville, Al

Meets Tuesdays, from 10a-11:30a AND first Saturdays, from 10a-11:30a

Call 256-265-7285, for more information.

Huntsville (continued)

- Huntsville Mommy Milk Meet Up
 - A Nurturing Moment, 7540 Memorial Parkway SW, Suite B, Huntsville,
 - Meets 1st Monday and 3rd Saturday of each month, at 10a.
 - Contact Glenni Lorick at 256-489-2590, for more info.
- Breastfeeding Support Group
 - Crestwood Women's Center, Community Room, 185 Chateau Drive, Huntsville, Al (behind Starbucks, across from Crestwood Medical Center)
 - Meets Thursdays from 10:30a-12n, OR Wednesdays, from 5p-6:30p
 - Call 256-429-5250, for more information

Jasper

- Pregnancy Test and Resource Center
 - New Mom's Support Group, 1707 2nd Avenue, Jasper, Al
 - Meets 1st and 3rd Tuesdays, from 1p-3p
 - May contact Ashley Sims at 205-221-5860, or email at ptrcjasper@gmail.com

Madison

- Madison Hospital Breastfeeding Support Groups
 - Madison Hospital, Wellness Center Building, 8375 Hwy. 72 West, Madison, Al.
 - Meets Mondays from 10:30a-11:30a, and Thursdays, from 6:30p-8:30p.

Extended Breastfeeding Group (for Mom's who breastfeed their child beyond 12 months)

- Meets on the 2nd Friday of each month, from 10:30a-11:30a

- Located in the Wellness Center Classroom.

Madison (continued)

GenZ Under 21 Breastfeeding Club

- Meets the 4th Tuesday of every month, from 6:30p-8:30p
- Located in the Wellness Center Classroom, Madison Hospital
*Baby Friendly Facility

Mobile

- The BFF Group
 - USA Children's and Women's Hospital, The Allen Cox Building, 205 Lambert Avenue, Mobile, Al.
 - Meets every Monday, from 5:30p-7:00p
 - Contact 251-410-4517 (Genevieve Mantell)

Mother's Milk Club for NICU Moms

- Meets every Monday at 3p, for NICU Moms at USA Women's and Children's
 - May call 251-415-1271, for more information
-
- TLC: The Lactation Circle – Mobile County WIC Patients
 - Mobile County Health Department, 251 Bayou Street, Second Floor, Room 260, Mobile, Al.
 - Meets every third Wednesday, at 10a
 - Contact Meredith Gardner, at 251-690-8986, for more information

Monroeville

- Mom's Support Group
 - Monroe County Hospital, Large Classroom, 2016 S. Alabama Avenue, Monroeville, Al
 - Meets every other week on Friday **or** Saturday morning, from 10-12.

- Call 251-743-7458, and ask for Cindy, for more details or go to <https://www.facebook.com/mchbumpsandbabies>

*Baby Friendly Facility

Montgomery

- Baptist East
 - East Montgomery Imaging Center (located behind Baptist East), 6880 Winton Blount Blvd., Montgomery. Enter through the main doors and the classroom is to your right.
 - Meets 10a-12n on August 6 and 20, September 10 and 17, October 1, 15, and 29, November 12 and 26, and December 10 and 17.
 - Bring your baby, bring your questions, and hang out with other Moms and Moms-To-Be. An IBCLC is available to answer questions and weigh your baby!
 - Call lactation Center at 334-244-8360, for more information

Pelham

- Brookwood Baptist Medical Center Support Group
 - Valleydale Baptist Church, 2324 Valleydale Road, Room 306, Pelham, AL.
 - Meets on Thursdays, from 1p-3p.
 - Call 205-877-1978, for more information or lactation assistance.

Trussville

- Brookwood Baptist Medical Center Support Group
 - Trussville First Baptist Church, 128 North Chalkville Road, Room 138, Trussville, Al.
 - Meets on Tuesdays, from 10a-12n.
 - Call 205-877-1978, for more information or lactation assistance.

Tuscaloosa

- Tuscaloosa County WIC Support Group
 - Tuscaloosa County Department of Public Health, Community Room, 2350 Hargrove Road East, Tuscaloosa, Al.
 - Meets the first Thursday of even months, from 12:30-2:00 (February, April, June, August, October, December)
 - Call 205-562-6900, for more information

Vestavia

- Brookwood Baptist Breastfeeding Support Groups
 - Redstone Church, 600 Montgomery Highway, Vestavia, Al. (Parking and entrance behind Newk's)
 - Meets on Thursdays, from 10a-12n
 - Call 205-877-1978, for more information or lactation assistance.

La Leche League Meetings

Auburn/Opelika

- La Leche League of Auburn/Opelika
 - Cornerstone Family Chiropractic, 323 Airport Road, Auburn, AL
 - For more information, call Marcie Gaylor at 256-746-5530, or
 - Josie Ettinger at 334-740-8780

Birmingham/Alabaster

- La Leche League of Birmingham South and La Leche League of Shelby County host meetings each month.
 - Virtual Meetings will be held monthly via Facebook. Please check our Facebook Page Events for more information.
 - Madison (601) 938-0338 Mgr427@gmail.com
 - Dawn (205) 988-0594 or bhamlalecheleague@att.net
 - Jackie (361) 648-9329 Jackiechapa@ymail.com
 - Kris (205) 520-6672 kris.holt29@gmail.com
 - Facebook Page: <https://www.facebook.com/pages/La-Leche-League-Birmingham-Alabama/1384687755165924>

Decatur

- La Leche League of Morgan County
 - Meets at 1107 London PL SW Decatur, AL 35603, on the 3rd Monday of each month, at 6p
 - Email: llofmorgancounty@gmail.com
 - Facebook: La Leche League of Morgan County (page) and LLL of Morgan County Group (closed group)
 - Bethany (256) 345-2677
 - Paige (256) 874-3617
 - Stephanie (256) 325-6780 or (256) 348-9700

Florence

- La Leche League of Lauderdale County
 - Eliza Coffee Medical East, Basement, 2111 Cloyd Avenue, Florence, Al.
 - Meetings on the first Sunday of every month, from 6p-7:30p
 - Facebook page: <https://facebook.com/groups/LLLofLauderdaleCounty/>
 - LLL Page: http://www.llli.org/groups/@llli*group*lauderdale.county

Huntsville

- La Leche League of Huntsville
 - Meets ONLINE on the 3rd Thursday of the month, at 9:15a, via Facebook group (LLL of Hsv Online Meeting Group). You must request to join the group!
 - Contact Stephanie at 205-234-5792 (stephaniecastoclark@gmail.com), OR Rachel at 512-560-8609, for more information.

Jacksonville

- La Leche League of Jacksonville
 - Second Tuesday, from 6p-8p
 - Facebook: <https://www.facebook.com/LLLofNortheastAlabama>
 - Leader: Katie Worman Ross (256) 452-1622

Mobile

- La Leche League of Mobile
 - Day meetings will now be on the 3rd Monday of each month at 10:30 am.
 - www.facebook.com/La-Leche-League-Mobile-Bay-Area-135499483134810/
 - La Leche League Leaders are available by phone and email:
 - Michelle: 251.656.5249 michelleLLLmobile@yahoo.com

Montgomery

- La Leche League of Montgomery
 - Email your name, phone number and message to LLL.Montgomery.AL@gmail.com and a volunteer leader will contact you.
 - Our free monthly meetings are subject to change on occasion. Please join our email list or Facebook page for meeting announcements and alerts on such occasions. You will also be informed about our online meetings through our Facebook group and Google Hangout video chats.
 - Facebook www.fb.com/LLL.Montgomery.AL
 - Online Meeting group www.fb.com/groups/135173467150747/
 - Email list LLL.Montgomery.AL@gmail.com
 - Group website <https://lllmontgomeryal.weebly.com/>
 - Morning Series Meeting in Montgomery
 - 3rd Friday of every Month @ 10:00-11:30 am
 - 6880 Winston Blount Blvd. Baptist East Imaging Center in Breast Health building.
 - We use the meeting room through the Imaging Center doors and it is the first door on the right.

Shoals Area

- La Leche League of The Shoals
 - Series Meetings: First Saturday of every month from 11:00 am to noon in the Meeting Room at Trojan House Restaurant 2415 Avalon Avenue Suite A in Muscle Shoals, Alabama. (You may park in front or rear parking lots. Park in rear of building to enter meeting room directly.)
 - Enrichment Meetings: Third Tuesday of every month from 11am to noon in the Reading Room at Florence Lauderdale Public Library 305 N. Wood Street in Florence, Alabama. (the Reading Room is located on the second floor on the west side, in the reference section.)
 - Toddler Meetings: Third Friday of every month from 11:00 am to noon in the Meeting Room at Trojan House Restaurant
 - Please contact an accredited Leader for breastfeeding help and for additional information about meetings and Group events:
 - ACCREDITED LEADERS:
 - In Colbert County:
 - Sue: 256-320-8084
 - Leighanne: 256 577 2868
 - In Franklin County:
 - Rebecca: 256-460-0640
 - In Lauderdale County:
 - Katie: 256-443-0754
 - Alisha 256-436-5867

Join us on the closed Facebook group:

<https://www.facebook.com/groups/LLLoFLauderdaleCounty/>

Tuscaloosa

- La Leche League of Tuscaloosa
 - Meets on the first Thursday of each month at 10 am at Covenant Presbyterian Church, 113 Hargrove RD., Tuscaloosa, AL
 - Call Jessica Tuggle at 205-410-1934, for more information

Wiregrass/Enterprise/Dothan

- La Leche League of Wiregrass/Enterprise/Dothan Area
 - The group meets monthly, the 2nd Tuesday of the month at 10am at the Commons on 7th on Fort Rucker, The Commons Playroom Bldg 8950, 7th Avenue, Ft. Rucker, AL
 - Our website is: <http://www.wiregrasslll.com/>
 - Email: wiregrasslll@gmail.com
 - Facebook page: <http://www.facebook.com/wiregrassLLL>
 - Facebook group: <https://facebook.com/groups/306454446225039/>
 - Leaders are: Megan Holmes and Sabrina Rinaldi
 - For breastfeeding help, please call: 334-377-3811

Medical Referrals

- **Anniston**

Alabama Breastfeeding Medicine Clinic – Joshua Johansson, MD, ACOG, IBCLC

- Mission

To serve as a medical resource for women in the region with breastfeeding difficulties. To educate, support, and promote breastfeeding in Alabama.

- <http://www.alabamabreastfeedingmedicine.com>

- (256) 241-0885

- **Central Alabama**

Heidi Powell, RN, BSN, IBCLC – Private Practice Lactation Consultant

- Provides home visits, including education and support, weighted feedings, and assistance with breastfeeding difficulties. Insurance information provided to obtain reimbursement for services.

- 205-543-0529 or see website, at

- <http://centralalabamalactationservices.com> or

- <https://www.facebook.com/Central-Alabama-Lactation-services49656679075763/?ref=bookmarks>