



Resources for Breastfeeding Moms

Our Website: www.breastfeedingathens.org

The Athens Community Breastfeeding Coalition was created to join interested organizations and agencies in hope that as a group we could have a larger influence on breastfeeding in our community. Our purpose is to promote knowledge, acceptance, and support of breastfeeding by the general public and health care providers in order to increase the frequency and duration of breastfeeding. The coalition meets at the Clarke County Health Department on the first Wednesday of every month at 3:30pm and is open to anyone interested in breastfeeding advocacy in the Athens Area.

Local Hotlines and Helpful Websites

Atlanta Area La Leche League Hotline – 404-681-6342

La Leche League International Hotline – 800-LA-LECHE (800-525-3243)

La Leche League USA Hotline – 877-4-LA-LECHE (877-452-5324)

National Women's Health Information Center – 800-994-9662

Powerline by Healthy Mothers, Healthy Babies of GA – Statewide Healthcare Info. – 800-300-9003

- www.askdrsears.com
- www.athenshealth.org
- www.babygooroo.com
- www.breastfeedingathens.org
- www.breastfeedinginc.ca
- www.breastfeedingonline.com
- www.drjaygordon.com
- www.gwinnettmedicalcenter.org
- www.hmhb.org
- www.hmhbga.org
- www.hygeiainc.com
- www.kellymom.com
- www.llli.org
- www.facebook.com/LaLecheLeagueofGreaterAthensGA
- www.lllofga.org/Atlanta_Area.html
- www.medelabreastfeedingus.com
- www.mommymilk.meetup.com
- www.nghs.com
- www.notmilk.com/101.html
- www.ourmomentoftruth.midwife.org
- www.stmarysathens.org
- www.womenshealth.gov/breastfeeding
- www.usbreastfeeding.org

Athens Regional Medical Center

ARMC provides one-on-one in-patient breastfeeding help for new mothers, individual out-patient lactation services by appointment, breastfeeding classes, and breastfeeding support groups. To speak to one of ARMC's lactation staff please call 706-475-3385.

Breastfeeding: A Bond of Love - Covers preparing to breastfeed, preventing problems, returning to work, and pumping/storing milk. For dates, fees, and to register please call 706-475-5620.
Mother Care - Meets Tuesday and Thursday evenings from 6:30-8:00 p.m. and Saturdays from 10:30am-12:00pm.

St. Mary's Health Care System (Family Birth Center)

St. Mary's supports the loving bond that breastfeeding provides the mom and the baby through:

- Breastfeeding classes before baby's delivery
- Breastfeeding help at the hospital bedside after baby's delivery
- Breastfeeding support groups on Mondays and Fridays after discharge
- Breastfeeding out-patient visits scheduled as needed

Baby Nutrition (2 night classes from 5:30-7:30 p.m.) For registration call 706-389-3389.

- 1st night: An introduction to breastfeeding (how to get started and be successful)
- 2nd night: Discussion of breastfeeding options for women returning to work or school, pumping options, milk storage, as well as different types of pumps and their uses

Bundles of Joy - Meets Monday from 1:00-3:00 p.m.

Toddle Time - Meets Fridays from 10:00 a.m.-12:00 p.m.

For more information on Lactation Services at St. Mary's please call 706-389-3389 or toll-free 1-800-491-4677.

Public Health

A major goal of the WIC Program is to improve the nutritional status of infants; therefore, WIC promotes and supports breastfeeding as the optimal infant feeding choice, unless medically contraindicated. WIC mothers choosing to breastfeed are provided information through counseling and breastfeeding materials. Peer Counselors are also available to provide follow up breastfeeding support. Mothers who exclusively breastfeed their infants receive an enhanced food package and mothers can be loaned breast pumps to help support the initiation and continuation of breastfeeding. If you would like further information, please contact your local health department.

Barrow County -706-307-3011 – ext. 232

Clarke County/East Athens WIC Clinic -706-369-5816

Elbert County-706-283-3775

Greene County-706-453-7561

Jackson County-Commerce Clinic -706-335-3895

Morgan County-706-752-1266

Madison County/WIC Clinic-706-795-3231

Oconee County-706-769-3983

Oglethorpe County-706-743-8181

Walton County-706-207-4125 - ext. 124

La Leche League of Athens

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. To contact a local La Leche League Leader, please visit their facebook page at www.facebook.com/LaLecheLeagueofGreaterAthensGA.

Breastfeeding Support Meeting - Meets the 1st Thursday and 3rd Thursday of each Month at St. Stephen's Anglican Church, 800 Timothy Road, from 10:00 a.m.-12:00 noon.

Other Athens Area Classes & Counseling

Nicole King, Adventures in Childbirth, 404-953-8599(m), 444-254-7430

Lucia Massey, By Your Leave -Family Resource Center and Lactation Services, 706-255-1136