

**WIC Breastfeeding Resource List  
Columbus/ Fort Benning**



**West Central Health District WIC Breastfeeding Services**

WCHD Breastfeeding Coordinator, Karye Rayborn, IBCLC is experienced in working with new moms and babies experiencing breastfeeding difficulties.


**WIC Breastfeeding Peer Counselors**


WIC Breastfeeding Peer Counselors are local moms who have personal experience with breastfeeding and special training to support expectant and new moms with breastfeeding concerns. WIC Breastfeeding Peer Counselors can be found at your local WIC clinic.

<u>Columbus</u>	<u>Fort Benning</u>
<b>Clinic 706-321-6263</b> <b>Shanesha Tripp 706-326-0970</b> <b>Patricia Taylor 706-505-6867</b> <b>Kristen Duffy 706-326-0313</b>	<b>Clinic 706-682-8455</b> <b>Denise Mance 706-505-9697</b> <b>Hope Elser 706-326-0963</b> <b>Shannon Wheeler 706-505-9930</b>

**FORT BENNING BREASTFEEDING MOMS SUPPORT GROUPS**

Every **FIRST & THIRD** Tuesdays, 1100-1300  
@ MACH Breastfeeding Room #1A-531

 <p><b>Columbus Regional Lactation Center &amp; Boutique</b> 706-321-3765 Lactation Evaluations by appointment only. <b>Nursing Mom's Support Group:</b> 500 18th Street Suite B-30 Columbus, GA.  ***PLEASE CALL THE LACTATION CENTER FOR DAYS/ TIMES OF THE SUPPORT GROUPS*** NO REGISTRATION IS NECESSARY! All nursing moms &amp; babies who gave birth at any location are welcome!</p>	<p align="center"><b>ROSE Breastfeeding Club</b></p> <p align="center">Columbus Public Library, Macon Rd. 2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesdays of each month 5:00-6:30 pm <b>Contact: Chapel Nelson 706-417-8268</b>  ***Refreshments provided and children welcome***</p>
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**St. Francis Women's Hospital Lactation Line**  
 706-320-8002  
*\*\*Outpatient lactation consults by appointment only.*



**La Leche League Georgia**

<https://lllofga.org/>

*Please call a Leader to confirm the Group meeting time and location, as these are subject to change. Groups listed may have additional LLL meetings. There may be more Groups and Leaders than are listed on this page.*

*Please contact a Leader for more information regarding individual LLL Groups.*

<p align="center"><u>COLUMBUS</u> 2<sup>nd</sup> Wednesday of every month @ 10am Columbus Public Library on Macon Rd. <b>Amanda 706-341-7933 or Hannah 706-494-2651</b></p>	<p align="center"><u>COLUMBUS / HARRIS COUNTY</u> <b>Becky 706-332-9780</b> Call for details</p>
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**Natural Choice**  
 Birth & Breastfeeding  
 1329 Wynnton Road Columbus, GA 31906  
**Debi Miller RN, IBCLC**  
 Lactation Consultation Home or office  
 706-610-4332  
[www.naturalchoicebirthandbreastfeeding.com](http://www.naturalchoicebirthandbreastfeeding.com)

  
**Valley Lactation Consulting**  
 1329 Wynnton Road Columbus, GA 31906  
**Becca Puckett, MPH, IBCLC**  
 Lactation Consultant  
 706-767-5993  
[www.valleylactation.com](http://www.valleylactation.com)



east alabama medical center  
2000 Pepperell Parkway  
Opelika, AL 36801

**Breastfeeding Support Group**

Every Thursday 12pm-2pm  
Maternal Child (3<sup>rd</sup> Floor) “Dayroom”

[www.eamc.org](http://www.eamc.org)

**Lactation Services**

334-528-3709


**Breastfeeding Class**

334-528-1260

Helpful Websites:

<a href="http://www.medelabreastfeedingus.com/">http://www.medelabreastfeedingus.com/</a>	<a href="http://www.kellymom.com">www.kellymom.com</a>	<a href="http://lovingsupport.org/">http://lovingsupport.org/</a>
<a href="http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT">http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT</a>	<a href="http://newborns.stanford.edu/Breastfeeding/">http://newborns.stanford.edu/Breastfeeding/</a>	<a href="http://ameda.com/breastfeeding">http://ameda.com/breastfeeding</a>

**Helpful Apps:**

	LactMed@NIH		Coffective
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**\*\*\*Facebook page: Columbus/Fort Benning Area Breastfeeding Moms**

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