

OBERLIN ROAD PEDIATRICS BREASTFEEDING RESOURCES

Wake County

1. Nursing Mothers of Raleigh
Community volunteer breastfeeding support group
OFFERS: Free monthly meetings (babies and children welcome), free telephone consultation, couples meetings, email answers to questions.
www.nursingmothersofraleigh.org
2. LaLeche League
Community volunteer breastfeeding support group
OFFERS: Monthly meetings (babies and children welcome) and telephone support for expectant or breastfeeding mothers and babies.
Triangle information line: 919-755-6400 www.lalecheleague.org
Link to find LaLeche League Groups statewide (www.llofnc.org/LocalGroups)
3. Rex Lactation Services
(Located in the Family Birth Center)
OFFERS: Monthly prenatal breastfeeding classes for a fee in Cary and at the Rex main campus. Free monthly “Working and Breastfeeding” classes.
Rex Hospital Lactation Services and Lactation Store: 919-784-3224
4. WakeMed Health and Hospitals
OFFERS: Prenatal breastfeeding classes for a fee. Telephone support for any women interested in breastfeeding.
Lactation Services: 919-350-5742
Prenatal Classes: 919-350-8235
Rents and sells equipment in gift shop: 919-350-7036 www.wakemed.org
5. Whatever Works Lactation
OFFERS: In-home lactation consultant for the Triangle or Telehealth
Ashley Garrison RN, BSN, IBCLC
www.whateverworkslactation.com 919-229-9266

6. Women's Birth & Wellness Center
Breastfeeding classes, one-on-one lactation consultations, hospital grade pump rentals, bras and breastfeeding supplies.
In-network with most insurance plans, Tricare and Medicaid. 930 Martin Luther King, Jr. Blvd. Suite 202 Chapel Hill, NC 919-933-3301
<https://ncbirthcenter.org>

7. WakeMed Mothers' Milk Bank
OFFERS: Services for mothers interested in donating and receiving pumped breast milk:
919-350-8599

8. WIC-Women, Infants and Children
OFFERS: Nutrition education, counseling and support for families and children under 5 yrs who qualify for financial assistance. WIC supplies breastfeeding supplies and support, infant formula, and vitamins for those in Wake County who qualify.
Wake County WIC: 919-250-4720, www.nutritionnc.com

9. Nature's Nutrition
OFFERS: Certified lactation consultant who does home visits for a fee. Rents and sells equipment and supplies. *Kim Abshire, RN, IBCLC*
919-971-8937 (office) www.naturesnutritiononline.com

10. Babies and Beyond (Triangle Area and some of Johnston County)
OFFERS: Postpartum home care "Doula Services" for the family for a fee. Overnight and day home care available. Breastfeeding supports, light housework, mother care, sleep learning, and infant massage.
Shelly Gott, CPD, CIMI: 919-830-0899, www.babiesandbeyond.org.

11. Carolina Lactation Consultants
Gale Touger
919-60-4565
www.Carolinallactationconsultants.com

12. Cary Lactation and Nutrition Specialists
2500 Regency Pkwy, Ste 116 Cary NC 27518
919-230-2739 www.carylactation.com

Johnston County

1. Amber Newcomb, RN, IBCLC

OFFERS: Certified breastfeeding Educator, RN Information, breastfeeding classes, breastfeeding support. Consults in home or hospital, Smithfield, NC:

919-631-9947 – cell /919-938-7800 – work919-938-7574 – office
anewcomb@johnstonhealth.org

2. Johnston County WIC

919-989-5255

www.nutritionnc.com

Some of this information was shared with us by Jeffers, Mann and Artman Pediatrics. All information gathered with permission from Triangle Breastfeeding Alliance.
www.nctba.org/resources. More resources found on www.qipmilk.org. Click on NC.