

Lewisburg La Leche League

Meetings held at 10:30 am on the second Thursday of every month at the First Presbyterian Church on the square in Lewisburg.



Anna Childress, La Leche League Leader

Cell: (c) 931-637-5810 (h) 931-359-3918

Email: annamay1955@yahoo.com

Facebook: facebook.com/groups/162641880431834/

Marshall County Health Department

Ashley Rodgers, Certified Lactation Counselor

Address: 206 Legion St., Lewisburg, TN 37091

Phone: 931-359-1551 x129

Lincoln Medical Center Breastfeeding Support Group

Kelly Johnson Clements, IBCLC

Cell: 256-529-2445

Facebook: facebook.com/groups/lmcbfsupportgroup

Lincoln County Health Department

Stephanie Brown, RN, Certified Lactation Counselor

Address: 1000 Washington St., Fayetteville, TN 37334

Phone: 931-433-3231

La Leche League of Northwest Alabama

Alisha Dreiling, Certified Lactation Counselor, La Leche Leader

Phone: 256-436-5867

Email: adreiling@una.edu

Facebook: facebook.com/groups/LLLofLauderdaleCounty

A Nurturing Moment

Breastfeeding classes and support groups at a natural parenting store

Glenni Lorick, International Board Certified Lactation Consultant

Address: 7540 Memorial Pkwy SW Suite B, Huntsville, Alabama 35802

Phone: 256.489.2590

Website: anurturingmoment.com

Acorn Treasures

Babywearing and natural parenting store with breastfeeding classes

Sarah Napier Bailey

Address: 2109 Bob Wallace Ave Suite C, Huntsville, AL 35805

Phone: 256.886.8381

Website: acorntreasures.com

LOCAL BREASTFEEDING RESOURCES

Lactation Professionals and Breastfeeding Support Groups



Free breastfeeding support from lactation counselors and consultants available over the phone 24/7

CONGRATULATIONS ON YOUR BABY!

The **Breastfeeding Support Group of Pulaski** was founded *by nursing moms for nursing moms*, and as such is a peer support group. The group's mission is to support mothers in Giles County and surrounding areas throughout their breastfeeding journey by providing a tribe of women who've previously gone through the inherent trials and tribulations of nursing a newborn, an infant, or a toddler. Combined, the women in this group have well over 100 years nursing experience, and with that comes a wealth of knowledge.

We hope that you can glean from these women the information you need, find what works for you, disregard that which doesn't, and seek professional medical attention when your mommy gut tells you it is needed – we can also point you in the direction of certified lactation specialists ((IBCLCs, CLCs, and CLSs) in the area. We have created this resource list to help you find the support you need to have a successful breastfeeding experience.

Our Facebook forum and in-person meetings are venues to ask questions, share stories, and bond about breastfeeding, although our topics of conversation often stray from that core. All women are welcome, whether you're pregnant, nursing, pumping, or just wanting to learn more. We welcome you!



We look forward to meeting you!

The Breastfeeding Support Group of Pulaski

GILES COUNTY, TENNESSEE

Giles County Health Department

One-on-one breastfeeding and nutritional support, and related resources

Diane Coggin, MS, RD, LDN, Certified Lactation Counselor

Niki Burdick, RN, BSN, Certified Lactation Counselor

Phone: 931-363-5506 x 130

Address: 209 S Cedar Ln, Pulaski, TN 38478



Tennessee Valley Family Care

One-on-one breastfeeding support in a medical setting

Elizabeth R. Phillips, MSN, FNP-C, Certified Lactation Specialist

Nancy Koger, RN, Certified Lactation Specialist

Phone: 931-363-2925

Address: 1275 E College St # 9, Pulaski, TN 38478



Breastfeeding Support Group of Pulaski, TN

Peer support group with regular meetings and an annual Mommas, Munchkins & Milk Expo. Find us on Facebook!

Facebook: facebook.com/groups/pulaskibreastfeedingsupport

Website: breastfeedingsupportofpulaski.org



Members available for phone support or home visits

Sarah Blevings - 740-352-9806 (call/text during the day, visit nights/weekends)

Mandy Burchell - 931-478-6131 (evenings and weekends)

Jimmie Calvin – 931-309-2235 (call between 8am-2pm, 5-9pm)

Amber Dunavant – 931-306-8322 (call or FB message, visit MTWSu afternoons)

Victoria Hayes – 931-309-4494 (available after noon, M-F)

Nicole Hopwood – 931-309-1000 (call any time, flexible for visits)

Allison KernLeggitt – (reach on FB messenger, visit before 2, any day but Th)

Katie Whitfield – 617-256-8733 (call/text any time, visit Tu/Th days, any eve)

Centerstone Early Childhood Services

Free prenatal to preschool services, including breastfeeding support from CLCs

Jasmine Journey, CLC

Phone: 931-279-2588

Mothers' Milk Bank of Tennessee

Donate milk to NICU babies to prevent Necrotizing Enterocolitis

Website: www.milkbanktn.org

Pulaski Depot – Southern Tennessee Regional Health System

Phone: 931-363-9353

Address: 1265 E College St., Pulaski, TN 38478



MAURY COUNTY, TENNESSEE

Maury County Regional Medical Center - Lactation Services

Consultations with International Board Certified Lactation Consultants, support group meetings and pump rentals

Sandra Hudspeth, RN, IBCLC; Melissa Lynn, IBCLC;

Diana Douglas, RN, IBCLC; Celeste Hilliard, RN, IBCLC

Angela Scott, RN Certified Lactation Counselor

Phone: 931-490-7074

Maury County Health Department

Erin Hedrick, Krystle Stanley, Merril Schumate, Certified Lactation Counselors

Sarah Blevings, Peer Counselor

Phone: 931-560-1165

Address: 1909 Hampshire Pike, Columbia, TN 38401



LAWRENCE COUNTY, TENNESSEE

Breastfeeding Support Group of Lawrence County

<https://facebook.com/groups/BreastfeedingSupportGroupOfLawrenceCounty>

STRHS Women's Health Clinic

Elaine Wakeland, Certified Nurse Midwife, IBCLC

Phone: 931.766.4560

Address: 1605 South Locust Avenue, Suite 200, Lawrenceburg, TN 38464

Lawrence County Health Department

Shalyn Self, Certified Lactation Counselor

Claire Shults, Peer Counselor

Phone: (931) 762-9406

Address: 2379 Buffalo Road, Lawrenceburg, TN 38464



Oasis of Health

Natural health clinic for the whole family, including breastfeeding support.

Stacie Hunt, Certified Professional Midwife

Address: 236 Lawrence St, Lawrenceburg, TN 38464

Facebook: facebook.com/naturallivingforyou

Lawrence County La Leche League

<https://www.facebook.com/groups/1625345121082034/>