

## MARSHALL COUNTY, TENNESSEE

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### 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](mailto:annamay1955@yahoo.com)  
Facebook: [facebook.com/groups/162641880431834/](https://facebook.com/groups/162641880431834/)

### Marshall County Health Department



**Ashley Rodgers**, BS, Certified Lactation Counselor  
Address: 206 Legion St., Lewisburg, TN 37091  
Phone: 931-359-1551 x129

## LINCOLN COUNTY, TENNESSEE

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### Lincoln Medical Center Breastfeeding Support Group

Facebook: [facebook.com/groups/lmcbfsupportgroup](https://facebook.com/groups/lmcbfsupportgroup)

### Lincoln County Health Department



**Stephanie Brown**, RN, Certified Lactation Counselor  
**Haley Richardson**, RD  
Address: 1000 Washington St., Fayetteville, TN  
Phone: 931-433-3231

## ALABAMA

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### La Leche League of Northwest Alabama



**Alisha Dreiling**, Certified Lactation Counselor, Leader  
Phone: 256-436-5867  
Email: [adreiling@una.edu](mailto:adreiling@una.edu)  
Facebook: [facebook.com/groups/LLLoFLauderdaleCounty](https://facebook.com/groups/LLLoFLauderdaleCounty)

### A Nurturing Moment

**Glenni Lorick**, International Board Certified Lactation Consultant  
Address: 7540 Memorial Pkwy SW Suite B, Huntsville, Alabama 35802  
Phone: 256.489.2590  
Website: [anurturingmoment.com](http://anurturingmoment.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

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### 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: breastfeedingstupportofpulaski.org

### Members available for phone support or home visits

**Paige Pigg, CLC** – 931-309-6690 (evenings and weekends, text anytime)  
**Sarah Willis, CLC** – 931-309-8118  
**Sarah Blevings, CLC** – 740-352-9806 (call/text anytime, visiting flexible)  
**Katie Whitfield, CLC** – 617-256-8733 (call/text anytime, visit Tu/Th, any eve)  
**Mandi Burchell** - 931-478-6131 (evenings and weekends)  
**Amber Dunavant** – 931-306-8322 (text or FB message, visit T,W,TH)  
**Victoria Hayes** – 931-309-4494 (available after noon, M-F)  
**Allison Burns** – (reach on FB messenger, visit before 2, any day but Th)

### Giles County Health Department

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

**Katie Winterburn, MS, RD, 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

### Centerstone Early Childhood Services

*Free prenatal to preschool services, including breastfeeding support from CLCs*

**Jasmine Journey, Certified Lactation Counselor**  
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**

## MAURY COUNTY, TENNESSEE

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### Maury County Regional Medical Center - Lactation Services



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

**Sandra Hudspeth, IBCLC; Melissa Lynn, IBCLC; Diana Douglas, IBCLC; Celeste Hilliard, IBCLC; Angela Scott, IBCLC; Virginia Robbins, IBCLC, Lactation Coordinator**

Phone: 931-490-7074

Breastfeeding Peer Counselor: **Jimmie Calvin** Phone: 931-922-6379 call/text

### Maury County Health Department



**Erin Hedrick RD, Merrill Shumate BS, Certified Lactation Counselors**  
Breastfeeding Peer Counselor: **Paige Pigg, CLC**  
Phone: 931-388-5757  
Address: 1909 Hampshire Pike, Columbia, TN 38401

### La Leche League of Columbia

<https://www.facebook.com/LLL-of-Columbia-TN-173148170010322/>

## LAWRENCE COUNTY, TENNESSEE

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### Breastfeeding Support Group of Lawrence County

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

### Lawrence County Health Department



**Krystle Stanley BS, Certified Lactation Counselor**  
**Shalyn Self RN, BSN, Certified Lactation Counselor**  
Phone: (931) 762-9406  
Address: 2379 Buffalo Road, Lawrenceburg, TN 38464

### Oasis of Health

*Natural health clinic for the whole family, including free breastfeeding support. Home visits available based on a sliding scale fee.*

**Stacie Hunt, Certified Professional Midwife**  
Address: 236 Lawrence St, Lawrenceburg, TN 38464  
Facebook: facebook.com/naturallivingforyou