

Breastfeeding Support

Community Resources, Education and Encouragement.

Online information is NOT a substitute for an in-person evaluation by a qualified, independent International Board Certified Lactation Consultant (IBCLC) or your health care provider.



List of Services

Nursing Mothers of Raleigh

Community volunteer breastfeeding meetings and phone counseling. Additional services available.

www.nursingmothersofraleigh.org

La Leche League

Community volunteer breastfeeding support group. Monthly meetings and telephone support for expectant or breastfeeding mothers and babies.

www.lllofnc.org

WIC (Women, Infant, Children)

Nutrition education, counseling and support for families and children under age of five who qualify for financial assistance. Breastfeeding supplies and support, counseling, infant formula and vitamins for those who qualify.

Wake Co. Phone: 919-250-4720

Johnston Co Phone: 919-989-5255

www.nutritionnc.com

Infant Risk Center

Answers about medications while breastfeeding.

Phone: 1-806-352-2519

www.infantrisk.com

WakeMed Health and Hospitals

Hospital outpatient consultations for a fee (first visit free to mothers who delivered at WakeMed). Telephone support available.

Phone: 919-350-5742

www.wakemed.org

WakeMed Mothers' Milk Bank

Services for mothers interested in donating or receiving pumped breast milk.

Phone: 919-350-8599

www.wakemed.org/mothers-milk-bank

Rex Hospital

Outpatient consultations for a fee. Lactation telephone support available.

Phone: 919-784-3224

www.rexhealth.com

Women's Birth & Wellness Center

Mother and Infant (a non-profit) Lactation Center located in Chapel Hill, NC. Medicaid accepted.

Phone: 919-933-3301

www.ncbirthcenter.org/lactation

Kelly Mom

Online Resource and Support

www.kellymom.com

Nest Collaborative

Virtual breastfeeding consults with certified lactation consultants who conduct online appointments to help guide moms through the breastfeeding process.

Phone: 888-598-1554

www.nestcollaborative.com

Lactation Consultants

Nature's Nutrition

Kim Abshire, RN, IBCLC

Phone: 919-971-8937

Email: kimabshire80@gmail.com

www.naturesnutritiononline.com

Triangle Lactation Consultants

Ann Conlon-Smith, IBCLC

Phone: 919-389-1599

Email: aconsmith@aol.com

www.trianglelaction.com

Mother's Gift Lactation

Stephanie Petty, RN, IBCLC

Phone: 919-924-5044

Email: stephaniepettyrn@yahoo.com

Carolina Lactation Consultants

Gale Touger, FNP-BC, IBCLC

Phone: 919-606-4565

Email: carolinaIBCLC@gmail.com

