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

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.ncdhhs.gov/ncwic

Infant Risk Center
Answers about medications while breastfeeding.
Phone: 1-806-352-2519
www.infantrisk.com

WakeMed Breastfeeding Support Groups
Free support groups staffed by Lactation counselors/consultants to support breastfeeding moms through the first year.
Phone: 919-350-8235
www.wakemed.org/breastfeeding-support-group

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

UNC Health Rex
Classes offered and The Lactation Station is a retail store for breastfeeding supplies within the REX Women's Center.
Phone: 919-784-3224
www.rexhealth.com/rh/care-treatment/womens-health/maternity-services/breastfeeding-support/

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
kimabshire80@gmail.com
(text or call for information)

Mother's Gift Lactation
Stephanie Petty, RN, IBCLC
Phone: 919-924-5044
Email: stephaniepettyrn@yahoo.com
www.mothersgiftlactation.com

Carolina Lactation Consultants
Gale Touger, FNP-BC, IBCLC
Phone: 919-606-4565
Email: carolinaIBCLC@gmail.com
www.carolinalactationconsultants.com

The Better Boob Lactation
Text at 850-404-2662
www.betterboob.com

loving support.
MAKES BREASTFEEDING WORK