



Breastfeeding Coalition of Douglas County Kansas Resource Guide



Community Meetings

Breastfeeding and New Parent Support Group

- Mondays 10-11:30 am Lawrence Memorial Hospital lower-level auditorium
- 325 Maine Street in Lawrence
- Contact LMH Connect Care at 785-749-5800 or connectcare@lmh.org for information

Breast is Best Social (BIBS)

- Every 4th Wednesday of the month 6:30 pm Lawrence-Douglas County Health Department
- 200 Maine Street in Lawrence
- See the Douglas County Breastfeeding Connection Facebook page for information or contact Elizabeth at elaufer@ldchealth.org or Cary Allen at callen@ldchealth.org or 785-840-6049

La Leche League of Lawrence

- 2nd Tuesday every month 7 pm Lawrence Memorial Hospital meeting rooms
- 325 Maine St in Lawrence
- See La Leche League Lawrence on Facebook

Breastfeeding Counseling

Lawrence-Douglas County Health Department offers free breastfeeding support to new and expectant mothers participating in the Women, Infants, and Children, or WIC, program. Contact the WIC program at 785-856-5350 or Elizabeth at elaufer@ldchealth.org or 785-856-5430 and Cary Allen at 785-840-6049 or callen@ldchealth.org.

La Leche League of Lawrence offers free breastfeeding support and information. Please call or text: Melinda Toumi 785-979-2477 Joany Richardson 913-515-9338 Darlene Koger 785-979-5532

IBCLC Services

Lawrence Memorial Hospital lactation consultants offer support from International Board Certified Lactation Consultants by appointment M-F for breastfeeding & expecting parents. Please call 785-505-2738 for assistance.

Mother's Milk Kansas, LLC In-home lactation services with an IBCLC. 7 days a week. Please call 785-748-4855, email happybabies@mmkansas.com or go to www.mmkansas.com for an appointment.

Sunflower Birth and Lactation Services In-home or clinic based services with an IBCLC. 7 days a week. Please call 785-979-2477 or see <http://sunflowerbirthandlactation.webs.com/> for an appointment.

Breastfeeding Supplies

The Perfect Fit

M-F 9 am – Noon and by appointment on the 3rd floor of Lawrence Memorial Hospital.

Breastfeeding Education 2016

Breastfeeding Your Baby class at Lawrence Memorial Hospital Dates and times vary, and both in-person and online education is available. Contact LMH Connect Care at 785-749-5800 or connectcare@lmh.org

Lawrence-Douglas County Health Department offers free breastfeeding education to new and expectant mothers participating in the WIC program. Contact the WIC program at 785-856-5350.

Pregnancy Care Center has 3 lessons on breastfeeding as part of their Earn While you Learn program, and the program is open to anyone. Please call 785-842-6499 for more information.

Rodrock Chiropractic and Optimal Living Center & Bloom Midwifery offer a 3 hour interactive, problem-prevention breastfeeding class every month. Please call 785-979-2477 for enrollment information.