

La Leche League:

International Organization that Provides Mothers with Breastfeeding Education

For contact information and monthly meeting dates/times, please visit www.lli.org.

La Leche League of Gahanna
Gahanna Library
310 Granville Rd.
Gahanna, OH 43230

La Leche League of Hilliard
Scioto Ridge United Methodist Church
4343 Dublin Rd.
Hilliard, OH 43026

La Leche League of Reynoldsburg
Reynoldsburg United Methodist Church
1636 Graham Rd.
Reynoldsburg, OH 43068

La Leche League of Northland
Ascension Lutheran Church (east entrance-ring bell)
1479 Morse Rd.
Columbus, OH 43229

*Para ayunda en Español, llame a Jennifer al (740) 739-9828

Websites

www.breastfeedingonline.com
www.kellymom.com
www.BFAR.org
www.askdrsears.com
www.infantrisk.com
www.lowmilkssupply.org
www.health.state.mn.us/divs/fh/wic (Spanish, Somali)
www.nlm.nih.gov/medlineplus/breastfeeding.html (English and Spanish)
www.womenshealth.gov: 1-800-994-9662 (English and Spanish)
www.womenshealth.gov/ItsOnlyNatural/index.html

Books

- “The Womanly Art of Breastfeeding” by La Leche League
- “The Nursing Mother’s Companion” by Kathleen Huggins
- “Mothering Multiples” by Karen Gromada
- “Nursing Mother, Working Mother” by Gale Pryor
- “Breastfeeding Your Premature Baby” by Gwen Gotsch

Central Ohio Hospitals Mom Group Meetings

Grant Medical Center Breastfeeding Moms Group

When: Every Tuesday
2:00 p.m.—3:00 p.m.

Where:
Grant Medical Center,
4th floor classroom

(614) 566-9008

Mount Carmel East Breastfeeding Moms Group

When: Every Tuesday
2:00 p.m.—3:00 p.m.

Where:
4th Floor Mother Infant Lounge

(614) 234-MILK

Mount Carmel West Breastfeeding Moms Group

When: Every Friday
11:00 a.m.—12:00 p.m.

Where:
Community Health Resource Center

(614) 234-MILK

Riverside Methodist Hospital Breastfeeding Moms Group

When: Every Thursday
1:30 p.m.—2:30 p.m.

Where:
Riverside Methodist Hospital Women’s Center

(614) 566-4446

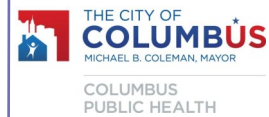
Mount Carmel St. Ann’s Hospital Breastfeeding Moms Group

When: Every Wednesday
10:00 a.m.—11:00 a.m.

Where:
St. Ann’s Maternity Pavilion Conference Room

(614) 234-MILK

Central Ohio Breastfeeding Support



MOUNT CARMEL



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™



BELIEVE IN WE™



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER



Council On Healthy Mothers And Babies



LOWER LIGHTS
CHRISTIAN HEALTH CENTER

Columbus Neighborhood Health Center, Inc.



Heart of Ohio Family Health Centers

Central Ohio Breastfeeding Support



Breastfeeding Support Resources

Franklin County WIC Program: Columbus Public Health & Nationwide Children's Hospital:

Call your WIC clinic or the breastfeeding helpline at (614) 645-7065

- Peer Helpers and breastfeeding staff for phone and clinic help
- Breastfeeding classes
- Hand pumps and electric pumps for work/school

WIC provides nutrition education and counseling, and supplemental foods. To see if you qualify, call (614) 645-7280

Moms2B: (614) 307-6709- A neighborhood support group for pregnant women. Provides lactation support for all the pregnant women who attend Moms2B weekly sessions located at:

- *Grace Missionary Baptist Church (1182 N 6th St.): Wednesdays 11:00 am - 1:00 pm
- *OSU East Hospital (1492 E. Broad St): Thursdays 4:30-6:30 pm
- *Call for other locations.

Mother's Milk Bank: (614) 566-0630—Grant Medical Center (4850 East Main Street, Suite 140)

Donor milk available with doctor's prescription, breast milk donations accepted from screened mothers.

**If you have extra milk, please donate.

Mount Carmel St. Ann's, Mount Carmel East, Mount Carmel West: (614) 234-MILK - Support groups, phone/outpatient services, pump rentals/purchase, breastfeeding supplies, bra fittings/sales, breastfeeding classes.

Nationwide Children's Hospital: (614) 722-5228—Inpatient services, outpatient services, support group—

**For pump rentals or purchase, call Homecare—(614) 355-1136

OhioHealth: Doctors Hospital: (614) 544-2111

Dublin Methodist Hospital: (614) 544-8002

Grady Memorial Hospital: (740) 615-2116

Grant Medical Center: (614) 566-9008

Riverside Methodist Hospital: (614) 566-3434

Ohio State University Wexner Medical Center Breastfeeding Helpline: (614) 293-8910 Answered 7 days a week during regular business hours. Night time calls returned in the morning.

Central Ohio Hospitals Lactation Departments

Doctors Hospital Lactation Department

- *Phone consults
- *Breastfeeding classes
- *Limited outpatient consults
- *Pump rental
- *Free baby weight checks

(614) 544-2111

Dublin Methodist Hospital Lactation Department

- *Phone consults
- *Breastfeeding classes

(614) 544-8002

Grant Medical Center Lactation Department

- *Breastfeeding supplies
- *Pump rentals, purchase
- *Free baby weight checks
- *Support groups

(614) 566-9008

Mount Carmel Outpatient Lactation Department

- *Free breastfeeding helpline weekdays
- *Private consults
 - *Bill insurance
 - *Accept Medicaid, Molina & Caresource
- *Breastfeeding support groups
- *Breastfeeding supplies, pump rental info
- *Breastfeeding classes (call 614-898-MOMS)

(614) 234-MILK

Nationwide Children's Hospital Lactation Department

- *Inpatient services
- *Outpatient services
- *Support group
- *For pump rentals or purchase call Homecare at

(614) 355-1136

(614) 722-5228

OSU Wexner Medical Center Lactation Department

- *Breastfeeding classes
- *Phone consults
- *Pump Rental
- *Inpatient services

(614) 293-8910

**To register:
(614) 293-5123**

Riverside Methodist Hospital Lactation Center and Helpline

- * Phone/outpatient services
- *Sliding fee scale, no Medicaid
- *Support group
- *Breastfeeding supplies, classes
- *Hospital grade breast pump rental

(614) 566-3434