

Capital Area Breastfeeding Resource Guide 12-12-17

For use by health care providers, mothers and others. If you know of a resource that should be added please contact Ann Siegle at [annsiegle@gmail.com](http://www.mibreastfedbaby.com/wp-admin/annsiegle@gmail.com). For more, go to [www.mibreastfedbaby.com](file:///C:\Users\Diane\Documents\Cap%20Area%20BF%20Coalition\Resource%20Guide\www.mibreastfedbaby.com)

**FREE Breastfeeding Support:**

**Capital Area Baby Café:**  Drop in breastfeeding support. Wednesdays 10 am-12 pm, Pennway Church of God 1101 E. Cavanaugh Lansing, MI 48910.

Call EPO for more info: (517) 337-7365   [Facebook.com/capitalareababycafe](http://facebook.com/capitalareababycafe)

**Delta-Waverly La Leche League** <http://llldeltawaverly.weebly.com/>

Meetings 1st Tuesday 6:30 pm, McLaren Lansing 401 W. Greenlawn Ave. Lansing, MI 48910.

2nd and 4th Wednesday 10 am Delta Presbyterian Church, 6100 W. Michigan Ave., Lansing

3rd Tuesday 6:30 pm Delta Presbyterian Church 6100 W. Michigan Ave., Lansing, MI

**East Lansing La Leche League**: <http://lalecheeastlansing.com/>

Meetings 1st Thursday 6:30 pm, First Christian Church, 1001 Chester Road, Lansing

3rd Thursday 6:30 pm, WIllow Tree Family Center 3333 S. Pennsylvania Ave #101, Lansing, MI 48910

Virtual Meetings 4th Thursday at 9:00 p.m. Join meetings here: <https://www.facebook.com/lalecheeastlansing/posts/494768520707887>

**Black Breastfeeding Sisterhood** Mother-led breastfeeding support group

Meetings 1st and 3rd Mondays, 3 pm-5 pm, Willow Tree Family Center 3333 S. Pennsylvania, Lansing,

Park in the back (586) 806-9832 or (517) 420-5421

**Breastfeeding in East Lansing Facebook Support Group:**

Search Facebook for “Breastfeeding in East Lansing to find and request to join.

**WIC Breastfeeding Help Line** Leave a message 24/7. A Breastfeeding Peer Counselor will return your call. (517) 887-4543.

**Ingham County Health Department**Public Health Nurse home visits for breastfeeding support. Medicaid-eligible clients (517) 887-4322.

**Black Breastfeeding Moms of Michigan**: <https://www.facebook.com/groups/276094752544551/>

**Ingham County WIC Program** – 517-887-4326

**Eaton County WIC Program** - 517-541-2630;  WIC Breastfeeding Peer Counselor - [517-541-2650](tel:517-541-2650)

**Mid-Michigan District Health Department** (Clinton County) WIC Program - 989-224-2195

**Shiawassee County Health Department** WIC Program - 989-743-2383 or 800-859-4229



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**Lactation Consultants – Hospital-based**

**McLaren Greater Lansing**--517 975-7330  Deb Kline, RN

**Sparrow Lactation Support Services** (at Sparrow Only) – 517-364-2652

Tammy Ashley, RN, MSN, CFNP, IBCLC

Maureen Dillon, RN, IBCLC

Patricia Lutz, RN, IBCLC

Kathy Malone, LBSW, RN, IBCLC

Beth McLellan, RN, IBCLC in the RNICU-- 517-364-2844

Karen Twyman, RN, MS, MSW, IBCLC

**Lactation Consultants-- Fee-for-Service**

Tina Brenner, RN, BSN, IBCLC – 517-282-4399; 517-282-4399 <http://www.babystepslactation.com/>

Linda Gewirtz, RN, IBCLC, Say Yes to Breast, 989-415-9991

Bosom Buddies:  Kathy Malone, LBSW,RN, IBCLC -- 810-229-3328 Livingston County

Laura Spitzfaden, IBCLC -[laura@ericsprojects.com](http://www.mibreastfedbaby.com/wp-admin/laura@ericsprojects.com)   website: [http://feedthebabyllc.com](http://feedthebabyllc.com/help-now)

**Breastfeeding Clinic:** Sparrow Out Patient Breastfeeding Clinic is located in the Sparrow Professional Building, opposite the main hospital. A doctor and lactation consultant team help moms and babies that are having problems with breastfeeding. Appointments are made by referral from the mother's or the baby's primary healthcare provider.

**Drop-In Breastfeeding Clinic** held Mondays and Thursdays from 10 a.m. – 1 p.m. at Next Generation Lactation Service located at [3333 S. Pennsylvania, Suite 101, Lansing, MI](https://maps.google.com/?q=3333+S.+Pennsylvania,+Suite+101,+Lansing,+MI&entry=gmail&source=g) lower level. A Certified Nurse-Midwife and Lactation Counselors are available to help with breastfeeding problems. We will bill your insurance. [(517) 574-0802](tel:(517)%20574-0802) <http://lactationservice.com>

**Other Resources**

**Willow Tree Family Center,** 3333 S. Pennsylvania Ave., Suite 101, Lansing, MI 48910 [www.willowtreefamily.com](http://www.willowtreefamily.com/)   586-806-WTFC

**For more, go to** [www.mibreastfedbaby.com](file:///C:\Users\Diane\Documents\Cap%20Area%20BF%20Coalition\Resource%20Guide\www.mibreastfedbaby.com)