



## Breastfeeding Resource Guide 2-22-2019

For use by health care providers, mothers and others. If you know of a resource that should be added please contact Ann Siegle at [annsiegleg@gmail.com](mailto:annsiegleg@gmail.com). For more, go to [www.mibreastfedbaby.com](http://www.mibreastfedbaby.com)

### FREE Breastfeeding Support:

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

**Meetings** 2nd and 4th Thursdays, 5:30 -7 pm, Willow Tree Family Center 3333 S. Pennsylvania, Lansing, Park in the back (586) 806-9832 or (313) 948-2261

**Breastfeeding Group** Meet other breastfeeding moms and discuss concerns, find support, share experiences.

**Meetings** Drop-In Tuesdays 12 noon- 1 pm Sparrow Professional Building, Conference Rm. A (2nd floor)  
Groups are facilitated by clinicians with breastfeeding certification

**Capital Area Baby Café:** Drop in breastfeeding support.

**Meetings** Wednesdays 10 am-12 pm, Pennway Church of God 1101 E. Cavanaugh, Lansing, MI 48910.  
Call EPO for more info: (517) 887-7000 [Facebook.com/capitalareababycafe](https://www.facebook.com/capitalareababycafe)

**Delta Waverly La Leche League** Breastfeeding information and encouragement from accredited La Leche Leaders and other mothers. [www.facebook.com/deltawaverlylalecheleague](https://www.facebook.com/deltawaverlylalecheleague), [www.lldeltawaverly.weebly.com](http://www.lldeltawaverly.weebly.com)

**Meetings** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 10 am, and 3<sup>rd</sup> Tuesdays 6:30 pm, Delta Presbyterian Church (lower level) 6100 W. Michigan Ave., Lansing MI 48917

#### Group Leaders

Mary Ann (h) 517-321-1818 (c) 517-230-1503 [mamartin@sprynet.com](mailto:mamartin@sprynet.com)

Alexia 248-766-6988 [alexiamansour@gmail.com](mailto:alexiamansour@gmail.com)

Jessi 989-598-4404 [JDelliBovi827@aol.com](mailto:JDelliBovi827@aol.com)

Kélé [lldeltawaverly@gmail.com](mailto:lldeltawaverly@gmail.com)

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

**Meetings** 1st Thursdays at 6:30 pm, First Christian Church, 1001 Chester Road, Lansing  
3rd Thursdays at 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>

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

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

<https://www.facebook.com/groups/98260684987/>

**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

**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

### **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

Kristin Caverly BSN, RN, IBCLC -- 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.babysteps lactation.com/>

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

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

Abbie Mullins, IBCLC, LCCE, CLC, BSN, RNC-MNN 773-870-2899 [info@abbiemullins.com](mailto:info@abbiemullins.com)

[www.abbiemullins.com](http://www.abbiemullins.com)

Laura Spitzfaden, IBCLC - [laura@ericsprojects.com](mailto:laura@ericsprojects.com) Bills insurance. <http://feedthebabyllc.com>

**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 lower level. A Certified Nurse-Midwife and Lactation Counselors are available to help with breastfeeding problems. We will bill your insurance. (517) 574-0802 <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](http://www.mibreastfedbaby.com) and the [Capital Area Breastfeeding Coalition](#) Facebook page.