



Breastfeeding

All Counties

La Leche League 313.438.1015

Provides general information on breastfeeding, how to contact lactation consultants near you, recommended resources for moms and mom-to-be, mother-to-mother forums, and much more.

\$40/yearly membership fee.

www.lalecheleague.org

International Lactation Consultant Association

Locates lactation consultants nearest you, using your zip code.

<http://gotwww.net/ilca>

Genesee

Hurley Hospital

One Hurley Plaza, Flint, MI.

- Lactation consultation program provides individual consultation, and Mother/Baby Breastfeeding Group, meets on the 2nd and 4th Wednesday of each month. 810-257-9480.

- Breastfeeding course. Learn how to breastfeed, prevent problems, and combine breastfeeding with your active lifestyle. 2 sessions/\$20.

Call Parent Education Dept 810-762-7187.

La Leche League 810-564-1336

Third Tuesday of each month at the Flint's MSU office.

Call for directions and times.

WIC Breastfeeding Coordinators 810-237-4556

Sara Harvey & DeAnne Pollens

Genesee County Health Department

WIC Program

3373 S. Saginaw St.

Burton, MI 48529

Ingham

Ingham County MSU extension 517-887-4593

Mother-to-Mother Breastfeeding Initiative.

Breastfeeding Peer Counselor offers breastfeeding information and support to WIC-eligible women.

Available to make home and hospital visits.

Contact person:

Jo Cooper

Ingham County MSU Extension

5303 S. Cedar St

Lansing, MI 48911

WIC Breastfeeding Coordinator 517-887-4533

Pam Flowers

Ingham County Health Department

WIC Program

5303 S. Cedar St.

Lansing, MI 48910

Jackson

Jackson County Extension 517-788-4292 x 2043

Denise Trayser is a peer counselor that meets with mothers at their home.

1699 Lansing Ave, Jackson, MI

Email: trayser@msu.edu

La Leche League

Meets on the second Monday of every month at 7pm.

For more information call a Leader:

Jennifer: 517-592-4750

Melissa: 517-784-6965

Rhonda: 517-789-6666

Nancy: 517-787-2814

WIC Breastfeeding Coordinator 517-768-1654

Stefani Horning

Jackson County Health Department

WIC Program

1715 Lansing Ave, Suite 221

Jackson, MI 49202

Lewannee

Mother-to-Mother Breastfeeding Club 517-264-5315

Provides support for moms and moms-to-be with breastfeeding, parenting, and other personal goals.

Meets first Friday of every month from 1-2:30pm in the Spartan Room at the MSU extension-Lenawee Human Services Building (same building as the Health Dept).

Directory of Community Services

Lenawee County MSU Extension

Breastfeeding Initiative, Mother to Mother Program
Peer counselors provide breastfeeding information and support to WIC-eligible women.
Available for home or hospital visits.

Contact people:

Amy Sancrant: 517-264-5329 or 517-263-7861

sancrant2@msu.edu

Jennie Ramos: 517-263-7861

ramosjen@msu.edu

WIC Office

400 W. South St.

Adrian, MI 49221

WIC Breastfeeding Coordinator **517-263-7861**

Diane Winkelman

Community Action Agency

WIC Program

400 W. South St.

Adrian, MI 49221

Livingston

Julie Lothamer **517-490-7750**

Lactation Consultant

Julie@lothamer.net

2488 Oseola Avenue

Howell, MI

WIC Breastfeeding Coordinator **517-552-6880**

Ellen Leach

Livingston County WIC Program

2300 E. Grand River, Suite 102

Howell, MI 48843

Macomb

La Leche League: North Macomb

Second Fridays, 7 p.m.

Contact for location.

Contact people:

Dawn: 248.680.1753

Anne: 586.797.0034

La Leche League: Warren

First Mondays, 10 a.m.

Contact for location.

Contact person:

Michelle: 586.774.8064

WIC Coordinator: Clinton Township **586-469-5570**

*Will need to ask for specific Breastfeeding coordinator

Martha Jarvis

Macomb County Health Dept.

WIC Program

21885 Dunham Rd

Verkuilen Bldg, Suite 13

Clinton Township, MI 48036

WIC Coordinator: New Haven **586-749-5173 ext. 231**

*Will need to ask for Breastfeeding coordinator

Lynn Kuligowski

Downriver Community Services

WIC Program

58144 Gratiot, PO Box 480430

New Haven, MI 48048

Monroe

Monroe County MSU Extension

Mother-to-Mother Program

WIC or Food Stamp recipients eligible for free breast feeding consultation - both prenatal and postpartum.

Arrange for mothers to receive manual breast pumps when needed and also have free loan program to provide electric pumps to qualifying women.

Part of breastfeeding collaborative called Lunch Bunch which meets once a month - for more information go to

www.co.monroe.mi.us/breastfeeding

Contact people:

Winnie Webb-Costello: 734-240-3178

webbw@msu.edu

Denise Kohler: 734-240-3176

dkohler@monroemi.org

WIC Breastfeeding Coordinator **734-240-7946**

Stephanie Garrett

Monroe County Health Dept.

WIC Program

2353 S. Custer Rd.

Monroe, MI 48161

Oakland

La Leche League: Birmingham/Troy

Second Mondays, 10 a.m.

Clawson YWCA.

Contact person:

Lynn: 248.548.4124

lhuber@ameritech.net

La Leche League: Ferndale/Oak Park (Daytime)

First Thursdays, 10:15 a.m.

Oak Park Library, 14200 Oak Park Blvd.

Contact people:

Claire: chully@comcast.net

Molly: mollybk@sbcglobal.net

Gigi: gigi@wowway.com

Directory of Community Services

La Leche League: Ferndale/Oak Park (Evening)

First Tuesdays, 7 p.m.

Contact for location.

Contact people:

Jessie: jessie_schenk@yahoo.com

Lynne: lmcohn@juno.com

Amy: amyjohnabby@aol.com

La Leche League: Ferndale/Oak Park (Toddler)

Third Thursdays, 10:15 a.m. and 7:30 p.m.

Oak Park Community Center.

Contact people:

Ann: ann@mccgaffey.net

Meghan: megmac@wowway.com

La Leche League: Lake Orion

Contact for time and location.

Contact person:

Nora-Lee: 248.340.9721

nll@troythemighty.com

La Leche League: Rochester/Troy **248.879.6363**

Second and fourth Thursdays, 10 a.m.-noon.

Troy First United Methodist Church

La Leche League: Rochester/Troy

Fourth Tuesdays, 10 a.m. (doors open at 9:45 a.m.).

Contact people:

Lila: 248.547.2549

Deirdre: 248.546.1648

Cherie: 248.203.6220

Patrice: 248.554.9299

La Leche League: Waterford **313.438.1015**

First Wednesdays, 10 a.m.

Contact for location.

Oakland County MSU Extension **248-858-0912**

Mother-to-Mother Program

Breastfeeding Peer Counselor provides breastfeeding information and support to WIC-eligible women.

Available for home or hospital visits.

Contact person:

Inger Blair: blairi@msu.edu

1200 Telegraph Rd. Dept 416

Pontiac, MI 48341

Oakland County Health Division

248.858.4003 or 888.350.0900, ext. 84003

Offers breastfeeding basics for mother and baby. Four-week classes held mornings in Commerce, Pontiac, Southfield and Walled Lake.

www.oakgov.com

WIC Breastfeeding Coordinator **248-858-1275**

Mary Dell'Osso

Oakland County Health Dept.

WIC Program

250 Elizabeth Lake Rd, Suite 1520

Pontiac, MI 48341

Washtenaw

Breastfeeding Center of Ann Arbor **734-663-1523**

Classes, support groups, and related retail.

Also Human Milk Bank Depot

722 Brooks St, Ann Arbor, MI

La Leche League : Ann Arbor (evening)

Meets on 2nd Thursday of each month from 7:30-9:30pm

Liberty Pediatrics, 3200 W. Liberty, Suite A (just east of Wagner)

Leaders:

Debbie: 734-547-9421

Linda: 734-975-9843

La Leche League: Ann Arbor 2

Meets on the 3rd Wednesday of each month from 10am-12pm

Knox Presbyterian Church, 2065 Wagner Road (corner of Scio Church and Wagner Road)

Leaders:

Linda: 734-483-9163

Vera: 734-332-0412

Jan: 734-354-3828

La Leche League: Ann Arbor 3

Meets on the 1st Thursday of each month from 10am-12pm

St. Joseph Mercy Senior Health Building, 5361 McAuley Dr. Ypsilanti (on east side of hospital)

Leaders:

Amy: 734-930-1702

Jill: 734-913-9177

La Leche League: Dexter

Meets on 1st Thursday of each month from 10am-12pm

St. Joseph's Catholic Church, 3450 Dover

(from Dexter Ann Arbor St., turn east on Dover, go three blocks to 4th. On left side of church is a white door to downstairs)

Leaders:

Betsie: 734-954-4026

Cynthia: 734-426-5648

La Leche League: Toddler Group

Address the changing needs of breastfeeding and weaning older babies or young children

Meet on the 4th Tuesday evening of the month from 6pm to 8pm

My Urban Toddler: 7025 E. Michigan Ave, Saline, MI

Contact person:

Linda: 734-332-0412

Directory of Community Services

Julie Lothamer **517-490-7750**

Lactation Consultant
2488 Oseola Avenue
Howell, MI 48843
Julie@lothamer.net

Washtenaw Co. Ext. **734-222-3966**

Lisa Hartmann, Breastfeeding Instructor
hartmannl@ewashtenaw.org
705 N. Zeeb Rd, P.O. Box 8645

WIC Breastfeeding Coordinator **734-544-6794**

Gayathri Akella
Washtenaw County Public Health
WIC Program
555 Towner
Ypsilanti, MI 48197

Wayne

La Leche League: Canton

Second Wednesdays, 10 a.m.
Contact for location.
Contact people:
Tiffany: 734.207.0222

La Leche League: Dearborn

Third Mondays at 3 p.m. and first Mondays at 7 p.m.
Contact for location.
Contact people:
Vicki: 313.277.5083
mmvshep@aol.com
Pam: 313.271.1076
pilchjohn6@aol.com

La Leche League: Eastern Wayne County

Third Mondays at 3 p.m.
Contact for location.
Contact people:
Jennifer: 313.821.9196
kelfam1@comcast.net
Elizabeth: 313.640.9438
Geri: 313.640.9438
ptromble@ole.net

La Leche League: Grosse Pointe

Third Mondays, 10:30 a.m. and 7:30 p.m.
Morning meeting in Grosse Pointe Farms
Evening meeting at Bon Secours Hospital in Grosse Pointe.
Contact people:
Jennifer: 313.821.9196
Shannon: 313.822.9801

La Leche League: Livonia

First Wednesdays, 10 a.m.
Contact for location.

Contact people:

Sarah: 734.266.0632
sdamacleod@earthlink.net
Jane: 248.471.4232

Gwen: 313.937.4046
gadamaitis@twmi.rr.com

La Leche League: Plymouth

First Wednesdays, 7 p.m. and second Wednesdays, 10 a.m.
Contact for location.

Contact people:

Julie: 734.416.9096
Stefanie: 248.596.0252
Stephanie: 734.420.8960

Sinai-Grace Hospital **313.966.3246**

Classes cover healthy benefits of breastfeeding, initiating it after delivery, ensuring your baby gets enough milk and more.
Bring a pillow and baby doll. \$20/fee.
Southfield and Detroit locales.
Call for dates.

St. Mary Mercy Hospital **734.655.1162**

Breastfeeding class features certified lactation consultants who explain benefits of breastmilk, getting a good start in the hospital and how to continue breastfeeding at home and work.
Second Thursdays, 7-9 p.m. \$25.
Marian Women's Center, St. Mary Mercy Hospital, Livonia.

Wayne County MSU Extension **313-833-3279**

Breastfeeding Initiative, Mother-to-Mother Program
Program provides breastfeeding information and support to WIC-eligible women.
Call for more information about Peer Counselors.
Contact person:
Lisa Tams, Educator
640 Temple, 6th floor, Detroit, MI
tams@msu.edu

WIC Breastfeeding Coordinator **313-216-2217**

Diane Ewell
Wayne County Health Dept.
WIC Program
6450 Maple
Dearborn, MI 48126