



# Breastfeeding

Community resources, support, encouragement

*As a Family-Centered Medical Home, we're your partner in healthcare*

Jeffers, Mann & Artman promotes breastfeeding for newborn infants. In addition to our in-house lactation services and complimentary consultations, there are many community resources available to support your efforts to breastfeed. We want breastfeeding to be a happy time for both infant and mother. We support a mom's decision to breastfeed, bottlefeed or some combination of both.

## WAKE COUNTY

### Nursing Mothers of Raleigh

Community volunteer breastfeeding support group

**OFFERS:** Free monthly meetings (babies and children welcome), telephone, couples meetings, email answers to questions. Rents supplies for all counties in the triangle area.  
www.nursingmothersofraleigh.org

### La Leche League

Community volunteer breastfeeding support group

**OFFERS:** Monthly meetings (babies and children welcome) and telephone support for expectant or breastfeeding mothers and babies. Triangle information line: 919-755-6400. www.lalecheleague.org. Link to find La Leche League Groups. Statewide: www.lllofnc.org/LocalGroups

### Rex Lactation Services

(in the Family Birth Center)

**OFFERS:** Outpatient consultations for a fee. Monthly prenatal breastfeeding classes for a fee in Cary and at the Rex main campus. Free monthly Working and Breastfeeding classes. Telephone support. Rex Hospital Lactation Services and Lactation Store: 919-784-3224  
www.rexhealth.com/lactation-services

### WakeMed Health and Hospitals

**OFFERS:** Prenatal breastfeeding classes for a fee. Hospital outpatient consultations for a fee (the first visit is free to mothers who delivered at WakeMed). Telephone support for any women interested in breastfeeding. Lactation Services: 919-350-5742  
Prenatal Classes: 919-350-8235  
Rents and sells equipment in Gift shop: 919-350-7036 www.wakemed.org

### WakeMed Mothers' Milk Bank

**OFFERS:** Services for mothers interested in donating or receiving pumped breast milk. 919-350-8599

### Loves 2 Nurse, PLLC (Holly Springs)

**OFFERS:** In home or office consultations by certified lactation consultant for a fee. Rents and sells equipment & supplies. 919-830-4188. www.loves2nurse.com

### WIC – Women, Infants and Children

**OFFERS:** Nutrition education, counseling and support for families and children under 5 who qualify for financial assistance. WIC supplies breastfeeding supplies and support, infant formula, and vitamins for those in Wake County who qualify. Wake County WIC 919-250-4720  
www.nutritionnc.com

### Freeman Lactation Services, LLC

**OFFERS:** In-home consultations by a certified lactation consultant for a fee. *Cindi Freeman, RLC, IBCLC.* 919-244-7221

### Nature's Nutrition

**OFFERS:** Certified lactation consultant who does home visits for a fee. Rents and sales equipment and supplies. *Kim Abshire, RN, IBCLC.* 919-971-8937 (office), 919-971-8937 (cell) www.naturesnutritiononline.com

### Triangle Lactation Consultants

**OFFERS:** Private consultations by a board-certified lactation consultant for a fee. Rents and sells equipment. *Ann Conlon-Smith, IBCLC.* 919-845-8826 (office), 919-389-1599 (cell) www.trianglelactation.com

### Babies and Beyond (Triangle Area and some of Johnston County)

**OFFERS:** Postpartum home care for the family for a fee. Overnight and day home care available. Breastfeeding support, light housework, mother care, sleep learning, and infant massage. *Shelly Gott, CPD, CIMI.* 919-830-0899. www.babiesandbeyond.org

## JOHNSTON COUNTY

### Amber Newcomb, RN, IBCLC

**OFFERS:** Certified Breastfeeding Educator, RN. Information, breastfeeding classes, breastfeeding support. Consults in home or hospital. Smithfield, NC. anewcomb@johnstonhealth.org 919-631-9947 (cell) 919-938-7800 (wk) 919-938-7514 (wk)

### Johnston County WIC

919-989-5255 www.nutritionnc.com.

*All information gathered with permission from Triangle Breastfeeding Alliance. www.nctba.org/resources. More resources found on www.zipmilk.org. Click on NC.*

2 Online Services keep you connected:  
www.jeffersandmann.com

#### Patient Portal

- ✓ Access to your medical records
- ✓ Request an appointment
- ✓ Ask our staff
- ✓ Request prescription refills

#### Pre-visit Screening Tool called CHADIS

- ✓ Fill out age-appropriate screening forms
- ✓ Do paperwork in advance

## We're here to help!

Raleigh office 919-786-5001  
Clayton 919-359-3500  
Cary 919-852-0177  
Wake Forest 919-453-5363  
Holly Springs 919-586-0050