

Breastfeeding Resource Guide Mid-Missouri Area

Breastfeeding Classes	
Women's and Children's Hospital 404 Keene Street, Columbia Mondays 7-9 p.m. (573) 499-6101 or register online	Boone Hospital 1600 East Broadway, Columbia 6-8 p.m. Check online for dates (573) 815-6400 or (800) 872-9008
St. Mary's Health Center 2505 Mission Drive, Jefferson City 1 (844) 776-9355 or ssmhealthmidmo.com	Capital Region Medical Center 1125 Madison Street, Jefferson City Preregister (573) 632-5341
Fitzgibbon Hospital-Infant Feeding Class 2305 South 65 Highway, Marshal Register online at www.fitzgibbon.org/page.php?p=2442	Saline County Health Department (660) 631-5390 1825 South Atchison Ave., Marshal Best-Fed Beginnings, 2 nd Tuesday of each month 12-1 p.m.

Support Groups	
La Leche League- Columbia Unitarian Church - 2615 Shepherd's Blvd. 2 nd Thursday of every month 10:00 a.m. 3 rd Tuesday of every month 7:00 p.m. (573) 442-4298 or FaceBook	La Leche League –Jefferson City Missouri River Regional Library - 214 Adams St. 3 rd Tuesday of every month 2nd Floor – Story Time Room; 5:30-6:30 Contact Nancy at llljcmo@gmail.com
St. Mary's Hospital-Growing Babies Mothers' Group 2505 Mission Drive, Jefferson City 3 rd Thursday of every month; Zoom meetings at 8pm MUST PRE-REGISTER!! (573) 681-3399 or email rebecca.schwaller@ssmhealth.com	Whaley's Pharmacy (Mommy & Me) Candlewood Suites Meeting Room 3514 Amazonas Drive, Jefferson City 3 rd Friday of every month noon – 1:00 p.m. RSVP on Facebook
Montgomery County Health Department 400 Salisbury Street, Montgomery City 3 rd Wednesday of every month 10-11 a.m. Call (573) 721-4871 or (573) 564-2495	Cole County Health Department -Mother's Milk Café One in Christ Church, 900 Jefferson Street, Jefferson City 1 st Tuesday of Every Month 6-7:00 p.m. (314) 375-6073
Saline County Health Department (660) 631-5390 1825 South Atchison Ave., Marshal Best-Fed Babes, 2 nd Thursday of each month 12-1 p.m.	Randolph County Health Department (660)263-6643 423 E. Logan, Moberly Latch-n-Learn, 2 nd Tuesday of each month 11:30-12:30
Mother's Own Milk Support (MOMS) Drop-In Group Request to join at www.facebook.com/groups/LakeRegionalAmazingMoms . To learn more, contact Annie Havner, R.N., IBCLC, Lake Regional lactation consultant at ahavner@lakeregional.com or call 573-302-2999.	
Tiger Tot Mommies (Day Session) South Providence Medical Park 551 E. Southampton Drive, Columbia 2 nd Wednesday of every month 10-11:00 a.m. tigertotmommies@health.missouri.edu Facebook: https://www.facebook.com/groups/tigertotmommies/	Tiger Tot Mommies (Evening Session) Women's and Children's Hospital Conference Center 404 Keene St., Columbia 1 st Thursday of every month 5:30-6:30 p.m. 573-499-6101

Professional Support	
Kilgore's Pharmacy (573) 447-4444 1608 Chapel Hill Rd, Columbia Sally Crabtree, RN, IBCLC kilgoresrx.com/baby_connection.php	Breastfeeding Clinic - University Physicians General Pediatrics, 551 E. Southampton Dr., Columbia Lori Lampe, RN, IBCLC & Kelly Schellman, RNC, IBCLC (573) 882-4730, for after hours (573) 771-9450
Capital Region Medical Center (573) 632-5333 1125 Madison Street, Jefferson City	Family Medicine 2325 Smiley Lane, Columbia

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Angie Stonner, RN, IBCLC	Becky Weider, LPN, IBCLC (573) 884-8980
Fitzgibbon Hospital 2305 South 65 Highway, Marshal (660) 886-7800	Fitzgibbon Hospital-Mother's Milk Depot 2305 South Highway 65, Marshal (660)831-3710 www.fitzgibbon.org/page.php?p=2470
Boone Hospital 1600 East Broadway, Columbia (573) 815-6290	Whaley's West Side Pharmacy- Mommy and Me 3526 Amazonas, Jefferson City Becky Weider, LPN, IBCLC (573) 659-0650
Lake Regional Hospital 54 Hospital Drive, Osage Beach Annie Havner, RN, BSN, IBCLC 573-302-2999	St. Mary's Health Center 2505 Mission Drive, Jefferson City Becky Schwaller, RN, BSN, IBCLC (573) 681-3399 or email rebecca.schwaller@ssmhealth.com

Women, Infant and Children's (WIC) Supplemental Food Program		WIC Supports Breastfeeding!
MO: www.health.mo.gov/wic 800-392-8209		
WIC Agency	Locations	Phone Number
Audrain County WIC*	1130 S Elmwood Dr, Mexico	(573) 581-1332
Columbia – Boone County WIC*+	1005 West Worley, Columbia	(573) 874-7384
Callaway County WIC*	4950 Co. Rd. 304 Fulton	(573) 642-6881
Cole County WIC*+	1616 Industrial Dr., Jefferson City	(573) 636-2181 ext. 2 After Hours: (314) 375-6073
Cooper County WIC *+	17040 Klinton Dr., Boonville	(660) 882-2626
Gasconade County WIC *	300 Schiller St., Hermann	(573) 486-3129
Howard County WIC*	600 W. Morrison, Ste. 7, Fayette	(660) 248-3100
Moniteau County WIC	401 S Francis St # A, California	(573) 796-3412
Montgomery County WIC *	400 Salisbury St, Montgomery City	(573) 564-2495
Morgan County WIC	104 W Lafayette St · Versailles	(573) 378-5438
Osage County WIC *	116 The Sq · Linn	(573) 897-2139
Pettis County WIC *+	911 E 16th St, Sedalia	(660) 827-4599 BF Helpline (660) 281-7358
Randolph County WIC *+	423 E Logan St · Moberly	(660) 263-6643 Ext.3052
Saline County WIC *+	1825 South Atchison Avenue	(660) 886-9494

*Agency has peer counseling support. + Agency has an International Board Certified Lactation Consultant on staff. WIC services are only available to families that qualify. For eligibility go to health.mo.gov/living/families/wic/wicfamilies. Breast pumps available at all WIC agencies depending on need and availability.

Breast Pumps	
Kilgore's Pharmacy 1608 Chapel Hill Rd, Columbia (573) 447-4444	Women's and Children's Hospital Pharmacy 404 Keene Street, Columbia (573) 499- 6022
Fitzgibbon Hospital Auxiliary Gift Shop 2305 South 65 Highway, Marshal www.fitzgibbon.org/page.php?p=2314 (660) 886-7431 Ext. 596	Heartland Medical Supply 941 S. Cherokee, Suite 4 Marshal www.heartlandmedequip.com (660) 886-9229

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Whaley's Westside Pharmacy (Mommy and Me) 3526 Amazonas, Jefferson City (573) 659-0650	St. Mary's Auxiliary Gift Shop 2505 Mission Drive, Jefferson City 573-681-3748.
D & H Drug Store 1001 W. Broadway, Columbia (573) 777-7333 1814 Paris Road, Columbia (573) 777-7373 www.DHDrugstore.com	Walgreens Check website for detail www.Walgreens.com Target Check website for detail www.Target.com

Breastfeeding Books for Moms	
The Womanly Art of Breastfeeding <i>8th Revised Edition. LLLI, 2010</i>	Nursing Mother, Working Mother <i>Gale Pryor 2007</i>
Great Expectations: The Essential Guide to Breastfeeding <i>Dr. Marianne Neifert 2009</i>	Breastfeeding. A Parent's Guide <i>Amy Spangler, MN, RN, IBCLC. 9th Edition. 2010</i>
The Breastfeeding Mother's Guide to Making More Milk <i>Diane West & Lisa Marasco 2009</i>	Mothering Multiples: Breastfeeding & Caring for Twins or More K. Gromada 3 rd Ed, 2007

Breastfeeding Resources- Internet	
Find a Lactation Consultant in your area	www.ilca.org
Evidence-based information on breastfeeding	www.kellymom.com
Secrets of Baby Behavior	www.secretsofbabybehavior.com
Biological Nurturing	www.biologicalnurturing.com
Returning to work	www.workandpump.com
Dr. Jack Newman's breastfeeding resources	www.breastfeedinginc.ca
La Leche League	www.llli.org
Web Forum- Breastfeeding discussions	forums.llli.org/index.php
Dr. Thomas Hale's Infant Risk Center-drug information	www.infantrisk.com or call 806-352-2519.
National Breastfeeding Helpline	www.womenshealth.gov or call 800-994-9662.

Breastfeeding Phone Apps		
LactMed	Breastfeeding Solutions by Nancy Mohrbacher	Coffective
MommyMeds	MOMents for Moms by MOMcircle	Milk Maid

State and Local Breastfeeding Coalitions	
Cole County Breastfeeding Coalition-Jefferson City Email mridenhour@colecouny.org for dates/times.	Missouri Breastfeeding Coalition PO Box 10050, Columbia MO 65205 www.MOBreastfeeding.org Info@MOBreastfeeding.org
Pettis County Breastfeeding Coalition-Sedalia Email Micah.Waddle@lpha.mo.gov for dates/times. www.facebook.com/PettisCountyBreastfeedingCoalition	Boone County Breastfeeding Coalition-Columbia Email EMHarris@Gocolumbiamo.com for dates/times.

Breastfeeding Resource Guide developed by the Missouri Breastfeeding Coalition. Please email info@MOBreastfeeding.org with any additions or corrections. Revised 3/2021