

Breastfeeding Resources

Medication Questions

Dr. Thomas Hale's Infant Risk Center
Texas Tech Univ. Health Sciences Center
Monday – Friday 8:00am-5:00pm
806-352-2519
www.ttuhs.c.edu/infantrisk

Products & Supplies

Target	*Whaley's Pharmacy
(Ameda/Avent, Medela)	573-634-3606
573-635-8401	573-636-3733
www.ameda	Mommy & Me
www.avent	573-659-0650
www.medela	*Medela Rental Station

Websites

www.kellymom.com/index.html
www.breastfeedingonline.com/newman.shtml

Prenatal Breastfeeding Classes

Callaway County Health Dept.

4950 County Road 304
Fulton, MO 65251

Topics:

- How to breastfeed
- Handling common challenges
- Returning to work

1st Thursday of Every Month
11am-Noon Food Provided
RSVP (573)642-6881 x:235

Breastfeeding Help for Moms

Callaway County Health Dept.

Helpline - WIC Clients Only

Courtney Ebersold,
Breastfeeding Peer Counselor
Tuesday & Thursday 8am – 4:30pm
(573) 642-6881 x:235

Ask about our pump program.

After Hours/Weekends
(573)310-3561

Stephanie Woods, RN,
Certified Lactation Counselor
(573)642-6881 x:227

Christine Breakfield, RD, LD,
Certified Lactation Counselor
(573)642-6881 x:228

Lori Lampe, IBCLC
Green Meadows Breastfeeding Clinic
(573)882-4730

Renee Davis, IBCLC
(573)694-3085

Whaley's Pharmacy
Stacy Welling, CBE
(573)632-2021 x:102
Cell 573-353-4519
stacy@whaleysrx.com

Breastfeeding Support Groups

Callaway County Health Dept.

Last Thursday of Every Month
4950 County Road 304, Fulton, MO 65251
11am-Noon Food Provided
Courtney Ebersold,
Breastfeeding Peer Counselor
RSVP (573) 642-6881 x:235

Whaley's Pharmacy (Mom&Me)

2nd Wednesday of Every Month
1431 Southwest Blvd. Suite 6,
Jefferson City, MO
12:00 – 1:00 Food Provided
RSVP (573)632-2021

Cole County Health Dept.

2nd Thursday of Every Month
First Assembly of God
1900 Route C, Jefferson City
6:00 – 7:00 Food Provided
RSVP (573)636-2181 ext.3143

La Leche League

3rd Tuesday of Every Month
Missouri River Regional Library
214 Adams Street, Jefferson City
2nd Floor – Story Time Room; 6:30 – 8:00
Nancy (573)896-8573
llljcmo@gmail.com

St. Mary's Health Center

3rd Thursday of Every month
100 St. Mary's Medical Plaza, Jefferson City
5:30 – 6:30 Food Provided
RSVP to Becky
(573)761-7000 ext. 3330
Rebecca_Schwaller@ssmhc.com

