

## **BREASTFEEDING SUPPORT RESOURCES**

### ♥ **Anne Arundel County Department of Health WIC Program** - 410-222-0085

*All services free to WIC participants*

- Counseling, breastfeeding classes
- Support groups, breast pumps, nursing bras

### ♥ **Hospital Resources**

#### **Anne Arundel Medical Center**

- Warm Line: telephone and outpatient support, pump rentals and sales.

9 a.m. - 5 p.m. daily (*some services free; appointment required for some services*) **443-481-6977**

- Prenatal Breastfeeding Class (*call for fee*)

**443-481-4000** or **1-800-MDNURSE**

- Breastfeeding Support Group for New Moms (*free*) **443-481-4000** or **1-800-MDNURSE**

#### **Harbor Hospital**

- Prenatal Breastfeeding Class (*call for fee*)

**410-350-2563**

#### **University of Maryland Medical Center**

- Telephone and Outpatient Support

**410-328-3512**

- Prenatal Breastfeeding Class **410-328-2944**

#### **Mercy Hospital**

- Prenatal Breastfeeding Class (*call for fee*)

**410-332-9604**

- Warm Line **410-332-9060**

#### **St. Agnes Hospital**

- Warm Line: telephone support **410-368-2624**

- Breastfeeding Class (*call for fee*) **410-368-2810**

- Return to Work Class (*call for fee*) **410-368-2624**

#### **Malcolm Grow Medical Center**

*(Andrews Air Force Base)*

- Breastfeeding Help **240-857-5379** or

**240-857-2723** (Pediatrics) or

**240-857-2986** (Family Practice)

- Prenatal Breastfeeding Class and Breastfeeding for Working Moms **240-857-2979**

#### **National Naval Medical Center**

*(Bethesda, MD)*

- Prenatal Breastfeeding Class **1-866-628-9633**

- Breastfeeding Help **301-295-9959**

#### **Kimbrough Ambulatory Care Center**

*(Ft. Meade, MD)*

- Breastfeeding Help **301-677-8424**

### ♥ **Special Beginnings Birth and Women's Center**

*(Arnold)* **410-626-8982**

- Prenatal Breastfeeding Class (*call for fee*)

- Breastfeeding Support Group (*free*)

- Breastfeeding Boutique (*nursing supplies, bras, pumps*)

- Breastfeeding Pumping Class (*call for fee*)

- Lactation Consultant (*free mini consults; call for hours*)

### ♥ **Breastfeeding Resource Center**

*(Millersville, Glen Burnie)* Counseling; pump

rentals/sales – discounts for WIC clients

Linda Dayton **410-987-7756**

### ♥ **National Women's Health Information**

**Center:** [www.4woman.gov/breastfeeding](http://www.4woman.gov/breastfeeding)

- Helpline & Publications:

**1-800-994-WOMAN (9662)**

### ♥ **Independent Lactation Consultants**

Consultations, breastfeeding supplies, pump rentals/sales (*fees vary*)

- Kim Knight, R.N., B.S.N., I.B.C.L.C.

*(Annapolis, Severna Park, Arnold)* **410-533-5343**

- Vicki Kreiner, R.N., B.S.N., I.B.C.L.C., R.L.C.

*(Anne Arundel and neighboring counties)*

**410-570-7658**, [lactation@specialbeginnings.com](mailto:lactation@specialbeginnings.com)

- Kathleen Stahl, R.N., B.S.N., I.B.C.L.C.

*(Anne Arundel and neighboring counties)*

**443-458-8285**,

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

### ♥ **La Leche League** (*monthly support meetings*

*led by accredited leaders; free telephone help*)

*Annapolis:*

Chere - **410-626-7829**, Gina - **410-263-6698**

Audrey - **410-757-5175**, Lara - **410-956-4451**

*North County:* Suzy - **410-729-2648**

Monique - **240-235-1924**

Ayris - **410-456-5766**

*Laurel:*

Bonnie - **301-464-5046**

For more information: [www.llofmd-de-dc.org](http://www.llofmd-de-dc.org)

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Anne Arundel County Department of Health WIC Program.

[www.ahealth.org](http://www.ahealth.org) - 410-222-6797

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