Nursing Support and Contacts for Columbus and Bartholomew County

CRH Lactation Consultants- 812-375-3545  
La Leche League-local 812-372-9095 or 1-800-525-3243  
WIC 812-379-1557 or Peer Counselor 812-375-1992

Support meetings

Nurse n’ Chat
Get support while visiting with other Breastfeeding Moms. Certified Lactation consultants are available to answer questions and do weight checks. Mothering Essentials 424 Washington Street.  
2nd Friday of each month- 10:30 a.m. to noon  
4th Wednesday-5:30 p.m.-7:30 p.m.

La Leche League (LLL)
Columbus-LLL meets on the 1st Tuesday of every month at 6:30 pm at North Star Montessori, 2320 Midway Street.

North Vernon-LLL meetings occur on the 2nd Wednesday of the month at the Jennings County Public Library.

Trusted breast-feeding resources

Self Help  
http://www.breastfeeding.com/  
http://www.kellymom.com/

Medicine and Breastfeeding  
http://neonatal.ama.ttuhsc.edu/lact/medicationforumspage.html

Breastfeeding research sites  
http://www.womenshealth.gov/breastfeeding/  
http://www.drjacknewman.com/

Disclaimer: All material on this website is provided for educational purposes only, although every effort is made to provide accurate and up-to-date information. Unless otherwise noted, the articles at this website are not written by doctors or other health care professionals. If you are concerned about your health, or that of your child, consult with your health care provider regarding the advisability of any opinions or recommendations with respect to your individual situation.