



Bartholomew County Breastfeeding Coalition

A Reach Initiative

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.ttuhscc.edu/lact/medicationforumspage.html>

Breastfeeding research sites

<http://www.womenshealth.gov/breastfeeding/>

<http://www.drjacknewman.com/>

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