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.ttuhsc.edu/infantrisk

Phone Apps/Website
Dr. Hale’s – “MommyMeds”
“Breastfeeding Solutions”
www.kellymom.com
http://babygooroo.com
http://globalhealthmedia.org/portfolio-items/breastfeeding-attachment/

Products & Supplies
Whaley’s Pharmacy 573-659-0650
Mommy & Me
Medela Pump Rental Station
Facebook: Whaley’s Mommy & Me - Before, During & After

Prenatal Breastfeeding Classes

Capital Region Medical Center
1125 Madison Street, Jefferson City
Lori @ 573-632-5366 Lgreen@crmc.org

Cole County Health Department
1616 Industrial Drive, Jefferson City
4th Monday of Every Month
12:00-1:00 Food Provided
RSVP 573-636-2181 ext 3143 or on Facebook

St. Mary’s Hospital
2505 Mission Drive, Jefferson City
Registered by calling 1-844-SSM-WELL
Monday-Friday 8:00am-4:30pm

Breastfeeding Help for Moms

Capital Region Medical Center
Miriam Hardesty, RN, IBCLC
Angie Stonner, RN, IBCLC
Breastfeeding Line 573-632-5333
For Appointments 573-632-5525

Cole County Health Department
WIC Clients Only
Monday – Friday 7:30am – 5:00pm
573-636-2181 ext. 2
Breastfeeding Help Line
314-375-6073

La Leche League
Kolbi 573-230-5135
Kolbi.ward@gmail.com
Nancy 573-896-8573
llljcmo@gmail.com

St. Mary’s Hospital
Becky Schwallner, RN, BSN, IBCLC
573-681-3399
Rebecca.Schwallner@ssmhealth.com

Whaley’s Pharmacy
Renee Davis, IBCLC
573-659-0650
renee@whaleysrx.com

Nursing Moms Meetings

Find us on Facebook at:
Cole County Breastfeeding Support Groups
Mother’s Milk Café
1st Tuesday of Every Month
Mother’s Milk Café
(Cole County Health Department)
Lincoln University
Women’s Resource Center
820 Chestnut Street (Room B-11)
Jefferson City
6:00-7:00 Food Provided
314-375-6073

1st Thursday Monthly
Whaley’s Pharmacy - West Side
(Mommy & Me)
3526 Amazonas Drive
Jefferson City
Thursday 12:00 – 1:00
RSVP on Facebook

3rd Tuesday of Every Month
La Leche League
Missouri River Regional Library
214 Adams Street, Jefferson City
2nd Floor – Story Time Room
7:15 – 8:30
Kolbi 573-230-5135

3rd Thursday of Every Month
Growing Babies Mothers’ Group
St. Mary’s Hospital
2505 Mission Drive; Jefferson City
5:30 – 7:30 Food Provided
RSVP to 844-776-9355 or
Register online at ssmhealthmidmo.com

Updated by Cole County Health Department
This institution is an equal opportunity provider (8/16).