

Durham Community Breastfeeding Resources 2023

Updated annually, this list includes the local support groups, International Board-Certified Lactation Consultants (IBCLCs), and other community providers who can answer breastfeeding questions.

To see our full list of Lactation Support Providers: <https://breastfeeddurham.org/lactation-support/>

To see our full list of Parent Groups: <https://breastfeeddurham.org/parent-groups>

Community Based Lactation Support (A-H)

Beyond Birth Lactation Services

<https://www.beyondbirthlactation.com/>

Leslie Stern, CNM, MSN, IBCLC, RLC
Lorraine Rocco, RN, BSN, IBCLC, RLC
Mattea Alexander, MPH, IBCLC, RLC
Beth Myler FNP, IBCLC, (MSN, (PMH-C)
Teresa Hobbs RN, IBCLC, BSN
Sejal Fichadia IBCLC, RLC
IBCLC fluent in Spanish and French
Person flange fittings and Boutique
919-413-6484 , Accepts insurance

Birthing Boldly: Lactation & Women's Health

www.birthingboldlyllc.com

Tiffany Slade, IBCLC, Full Spectrum Doula, Nurse
Tech, Student Midwife
Home visits in Durham available
336-347-8082 Self-Pay, Insurance, & Sliding Scale

Carolina Birth and Wellness, IBCLC

<https://www.carolinabirthingandwellness.com/lactation>

Celia Clark-Randall, IBCLC
Ashley Taylor Jacobs, IBCLC, Birth Doula
Racially concordant care available
(919) 480-1423, Accepts insurance

Emerald Doulas

<https://www.emerladdoulas.com/>

919-864-8361, Fee-based

Every Drop Lactation Services, IBCLC

<https://www.everydroplactation.com/>

Brenna Harmon, BSN, RN, IBCLC
(919) 635-9572, Accepts insurance

Family Care

<http://familycarepa.com/elaina-lee-md/>

Elaina Lee, MD
Specializes in inducing lactation
919-533-6461, Accept insurance

HUG Your Baby, Jan Tedder, RN, FNP, IBCLC

<https://hugyourbaby.org/jan-tedder-bsn-fnp-ibclc/>

Lactation consultation and parent education
919-923-6609, Fee-based

Community Based Lactation Support (I-Z)

MAAME, All Doulas certified LC

<https://maameinc.org/>

Specializes in supporting Black Birthing People
(919) 709-3120, Sliding Scale

Maya Hart, CLC

@blackdurhamdiapers on Instagram or
mayahart@gmail.com
Black, Brown, Queer Affirming
413-687-4508, Free

Milestones Pediatric & Maternal Nutrition

<https://www.milestonesnutrition.com/>

Natalie Jarrett, MSN, IBCLC
Home visits in Durham available upon request
919-443-5240, Accepts insurance

Health Department

Durham County Department of Public Health

kgloria@dconc.gov (2nd Floor) WS-20

Kathleen A. Gloria, IBCLC
(919) 560-7163, Free

Family Connects Durham

Free to every family who lives in Durham County with an infant younger than 3 months of age. Includes a nurse or IBCLC to answer questions, assess your health and your baby's health, and connect your family to resources in the community, including lactation services. 919-385-0777

<https://www.ccfhnc.org/programs/family-connects-durham/>

Online Resources

Breastfeed Durham is a health equity advocacy initiative. <https://breastfeeddurham.org/>

Kelly Mom: Evidence-based breastfeeding information

<https://kellymom.com/>

International Breastfeeding Center: [Info sheets](#) and [video tutorials](#) <https://ibconline.ca/>

Global Health Media: Helpful videos on latching, positioning, and more.

<https://globalhealthmedia.org/videos/>

Contact

Breastfeed Durham <durham@breastfeedingcommunities.org> with any feedback or questions.

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Free Breastfeeding Support Groups

Duke Regional Baby Bistro

Meeting: Monday from 11am - 12 pm

<https://breastfeeddurham.org/events/baby-bistro/>

Email: jacqueline.c.lawrence@duke.edu

Durham PM LLL Group Meeting

2nd Monday of the month at 6:30 pm

Location: <https://llldurham.org>

Leaders: Jasmine 919-357-2193, Sunshine 919-416-9448

*Spanish-speaking Leader at this meeting

Milestones Breastfeeding Support Group

Quarterly Tuesday meetings 1:30-3 pm

Durham Location: South Regional Library

Visit www.milestonesnutrition.com for dates & times

919-443-5240

Central Durham LLL Group Meeting

1st Wednesday of the month at 10:00 am

Location: <https://llldurham.org>

Leaders: Carlita 919-856-7948, Jahmekya 573-397-1101, Kathleen 919-624-0230,

South Durham AM LLL Group Meeting

3rd Thursday of the month at 10:30 am

Location: Carolina Birthday and Wellness Center

Leaders: Jennifer 919-321-8407, Kathleen

919-624-0230, Love 919-622-8787

Saturday LLL Group Meeting

1st and 3rd Saturday of the month at 9:30 am

1st Sat. Location: Westover Park

3rd Sat. Location: <https://llldurham.org>

Leaders: Amber 919-282-4433, Megan

336-830-3089, Lauren 631-521-6181, Jamie

419-573-9245

Lactation Support within the Duke System

Duke Breastfeeding Medicine Clinic

<https://www.dukehealth.org/treatments/obstetrics-and-gynecology/breastfeeding-support>

Support for Complex Concerns

Dr Annie Dotson, MD, MSPH, IBCLC

919-752-4125, Accepts insurance

Duke Primary Care at North Duke Street

Hannah Rice, MPH, IBCLC

Lactation Consultant, Population Health

Durham Pediatrics Office

2609 N Duke St Suite 1000, Durham, NC 27704

919-328-3824

Duke Children's Primary Care North Durham

Mara Early, RN, BSN, C-EFM, IBCLC

Duke Medical Plaza North Duke Street

3116 N Duke St

Durham, NC 27704-2102

919-620-5333

Mara's Direct phone number: 919 620 5340

Duke Birthing Center

Duke University Hospital

2301 Erwin Rd, Durham, NC 27710-4699

919-681-5741

Duke Family Medicine Center

Marshall I. Pickens Building

2100 Erwin Rd, Durham, NC 27705-3941

919-355-9668

The Birth Place at Duke Regional Hospital

Duke Regional Hospital

3643 N Roxboro St, Durham, NC 27704-2702

919-470-4220

Duke Pediatrics South Durham

Lindsay Self, MS, RD, IBCLC, LDN

Duke Health Center South Durham

234 Crooked Creek Pkwy, Suite 110

Durham, NC 27713-8507

919-620-5333

Lindsay's direct phone number: 919 385 2872

Contact

Breastfeed Durham <durham@breastfeedingcommunities.org> with any feedback or questions.