

## 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.ttuhscc.edu/infantrisk](http://www.ttuhscc.edu/infantrisk)

### Phone Apps/Website

Dr. Hale's – "MommyMeds"  
"Breastfeeding Solutions"  
[www.kellymom.com](http://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](mailto:Lgreen@crmc.org)

### Cole County Health Department

1616 Industrial Drive, Jefferson City  
4<sup>th</sup> 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  
Register 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](mailto:Kolbi.ward@gmail.com)  
Nancy 573-896-8573  
[lljcmo@gmail.com](mailto:lljcmo@gmail.com)

### St. Mary's Hospital

Becky Schwaller, RN, BSN, IBCLC  
573-681-3399  
[Rebecca.Schwaller@ssmhealth.com](mailto:Rebecca.Schwaller@ssmhealth.com)

### Whaley's Pharmacy

Renee Davis, IBCLC  
573-659-0650  
[renee@whaleysrx.com](mailto:renee@whaleysrx.com)



## Nursing Moms Meetings

### Find us on Facebook at:

*Cole County Breastfeeding Support Groups*  
*Mother's Milk Café*

### 1<sup>st</sup> 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

### 1<sup>st</sup> Thursday Monthly

### Whaley's Pharmacy - West Side

**(Mommy & Me)**  
3526 Amazonas Drive  
Jefferson City  
Thursday 12:00 – 1:00  
RSVP on Facebook

### 3<sup>rd</sup> Tuesday of Every Month

**La Leche League**  
Missouri River Regional Library  
214 Adams Street, Jefferson City  
2<sup>nd</sup> Floor – Story Time Room  
7:15 – 8:30  
Kolbi 573-230-5135

### 3<sup>rd</sup> 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](http://ssmhealthmidmo.com)

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