

Portland Breastfeeding Resources

La Leche League

<http://www.llusa.org/MENH/Maine.html>

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

Meetings - The first Wednesday of every month at Woodfords Church in Portland at 9:30am.

Birth Roots

101 State St., Portland, ME 04102

www.ourbirthroots.org

Birth Roots removes the obstacles to perinatal health by providing a continuity of community support, education and resources before, during and after the birth of a child.

Eat, Sleep, Nurse (a breast feeding and sleep support group) is every Monday from 10:30 -12pm.

Maine Medical Center

22 Bramhall St., Portland, ME 04102

www.mmvfamilybirth.org

Maine Medical Center offers services for mother before, during and after their stay in the Family Birth Center. The prenatal breastfeeding class, Breastfeeding Forum, is offered monthly. All FBC nurses are trained in breastfeeding and lactation consultants are available to mothers who need assistance hospital-wide. Postpartum outpatient visits are available seven days a week. The Breastfeeding Support Group meets weekly at the Scarborough campus. For more info, call 207-662-4555.

Mercy Hospital

Mercy Fore River 175 Fore River Parkway, 3rd Floor Conference Room

Meet new moms, share your experiences and exchange ideas. Mercy's lactation consultants will be available to answer questions, provide infant weight checks, and observe feedings. Join us every Tuesday 10 am to noon. No charge.

Any questions, please call (207) 553-6300.

Bettina Pearson, IBCLC – (International Board Certified Lactation Consultant)

An independent Lactation Consultant who does home visits and pump rentals.

207-775-MILK

mombaby@maine.rr.com

City of Portland Maine, Health & Human Service Department, Public Health Division, Maternal Child Health Program

389 Congress St., Portland, ME 04101

The Maternal and Child Health Home Visiting program provides home visits to expectant parents and families with infants and young children. Nurses provide support and education for parents about health issues, parenting concerns, breastfeeding and community resources. Call 207-874-8475 for more information.

WIC

510 Cumberland Avenue, Portland, ME 04101

People's Regional Opportunity Program (PROP) administers the federal WIC program for pregnant, postpartum, and breastfeeding women and their children up to age 5. Breastfeeding encouragement and support is offered to nursing mothers, as well as a wide range of other services. For more information call 207-553-5800.

(This list was compiled by volunteer breastfeeding advocates. Apologies if we missed any area resources!)

