



Local Lactation Support Providers and Services

Lactation Support Services: Out-patient, Home and Office Visits

Orange County Health Department (OCHD) - Family Home Visiting Services

- **Breastfeeding Support Program** <https://orangecountync.gov/558/Family-Home-Visiting>

300 West Tryon Street, Hillsborough • 919-245-2437 •

Shannon Barnes, SW Supervisor

Ritza Saenz, Breastfeeding Support Specialist/Community Health

The program provides education and support to any new parent who lives in Orange County and is interested in or needs help with breastfeeding. Services are provided in your home or at the clinic. Services are available in English and Spanish.

Piedmont Health Services <https://piedmonthealth.org/wic-and-lactation/>

(The website has additional locations in other counties)

- **Carrboro Community Health Center**

301 Lloyd Street, Carrboro • 919-942-8741 •

PHS provides maternal health services and breastfeeding support and also hosts WIC clinics at Carrboro Community Health Center and the Hillsborough OCHD location.

For more about WIC (Supplemental Nutrition for Women, Infants and Children) visit:

<https://www.piedmonthealth.org/wic/>

UNC Health Care / UNC School of Medicine

- **UNC Women's Health Breastfeeding Support**

Provides information on breastfeeding support in the hospital and prenatal services as well as classes on breastfeeding, childbirth and more.

<https://www.uncmedicalcenter.org/uncmc/care-treatment/womens-health/pregnancy-birth-care/breastfeeding-support/>



- **UNC Lactation Outpatient Services** <https://www.mombaby.org/bfclinic/#>

Outpatient clinics in lactation, general pediatrics and obstetrics at UNC. To request an appointment, contact the UNC Warmline.

• 984-074-8078 •

• 866-428-5608 (toll free) •

The Lactation Consultant will help you to determine which clinic best meets your needs.



Local Lactation Support and Postpartum Care

Orange County

- **Bliss at the Breast** (blissatthebreast.com) offers a variety of services to families including prenatal consults, full consults, virtual consults, and functional assessments. • **919-260-7202** •
- **Gift of Love** (<https://giftoflovepostpartumcare.weebly.com>) offers lactation and postpartum support. Reach out via the website: <https://giftoflovepostpartumcare.weebly.com/contact.html>
- **Jennifer Jensen, Lactation Consultant** (jenniferjensen.org) provides lactation support services and postpartum support and newborn care, both in-home within a 30-mile radius of Hillsborough and virtually. Reach out to Jennifer via the website contact form: <https://jenniferjensen.org/contact>
- **Kindred Bee Lactation and Postpartum Services** (kindredbeelactation.com) provides support visits in-person and telehealth, when appropriate. Reach out to Tracey via the website contact form: <https://kindredbeelactation.com/contact-us>
- **Mattea's Lactation Services** (matteaalexander.com) offers newborn and infant feeding consultations virtually and in-person. Services available in English and Spanish. Todos los servicios vienen en español. Submit the contact form: <https://www.matteaalexander.com/contact.html> or call/text Mattea. • **617-959-4333** •

Durham County

- **Beyond Birth Lactation** (beyondbirthlactation.com) offers in-person and virtual consultations. • **919-381-8781** •
- **Teaching Babies to Nurse** (teachingbabiestonurse.com) provides virtual lactation consultations and in-person visits. • **919-438-2293** •

Free Local Phone/Text Support and Lactation Support Groups

UNC Breastfeeding Support Line - Warmline Breastfeeding Support

[UNC Warmline](#) offers breastfeeding support with a lactation consultant. Talk with a lactation consultant over the phone. Call the warmline • **984-974-8078** • or (toll-free) • **866-428-5608** •

Leave a voicemail. Your call will be returned as quickly as possible. Translation services are available.

La Leche League (LLL)

LLL offers free peer-to-peer breastfeeding and lactation support groups throughout the month. Free phone and text support also is available. Visit the websites for meeting days and times and contact information for local Leaders. All LLL Leaders have been accredited by [La Leche League International](#) (<https://www.llli.org/>)

- **La Leche League of Chapel Hill** <https://lllofchapelhill.org>
- **La Leche League of Durham** <https://llldurham.org>