



Breastfeed Orange NC

Lactation Support Providers and Services

Local Private-Practice Lactation and Postpartum Care Providers

Orange County

- **Bliss at the Breast • 919-260-7202 • blissatthebreast.com**
Jessica provides prenatal consults, full consults, virtual consults, functional assessments, and healing checks. Partnered with **The Lactation Network (TLN)**, which is in-network with most PPO plans from Blue Cross, Blue Shield, United Healthcare and Anthem and many plans using MultiPlan and PNOA.
- **Gift of Love • giftoflovepostpartumcare.weebly.com/contact.html •**
Andrea Fowler offers postpartum doula support and lactation support services, as well as free weekly postpartum support groups. giftoflovepostpartumcare.weebly.com
- **Jennifer Jensen, Lactation Consultant • jenniferjensen.org/contact •**
Jennifer Jensen provides lactation support services and postpartum support and newborn care, in your home within a 30-mile radius of Hillsborough and virtually. Insurance via TLN. jenniferjensen.org/
- **Kindred Bee Lactation and Postpartum Services • kindredbeelactation.com/contact-us •**
Tracy Williams Lenhardt offers prenatal and postpartum lactation support via in-person office consults and telehealth. *117 W. King Street, Ste 9, Hillsborough*. Insurance via TLN. kindredbeelactation.com/
- **Mattea's Lactation Services • 617-959-4333 • matteaalexander.com**
Mattea Alexander offers newborn and infant feeding consultations virtually and in-person. Services available in English and Spanish. Todos los servicios vienen en español. Accepts insurance through TLN.

Alamance and Durham Counties

- **Haw River Midwifery Lactation Support (Alamance) • hawrivermidwifery.com/contact •**
Heather Grissom provides lactation support in your home, virtually, or during a clinic day, *1520 Moores Chapel Cemetery Rd, Saxapahaw, 27253*. In network with TLN and Medicaid. hawrivermidwifery.com
- **Beyond Birth Lactation (Durham) • 919-413-6484 • beyondbirthlactation.com**
The team offers virtual lactation consultations and in-person visits, *1911 Hillandale Rd, Ste 1010, Durham, 27705*. In-network with Aetna, BCBS, Cigna, UHC/UMR, Tricare, VA/Veteran Health Care, NC Medicaid, Carolina Complete, Healthy Blue, UHC, MedCost, WellCare, Amerihealth Caritas.
- **Teaching Babies to Nurse (Durham) • 919-438-2293 • teachingbabiestonurse.com**
The team provides lactation consultations virtually and in-person, *1415 W NC 54, Durham, 27707*. In network with BCBS, Aetna, Anthem, and United plans through TLN, and through Veteran Affairs.

Lactation Support Groups

La Leche League (LLL) - Free Peer-to-Peer Lactation Support

LLL offers free peer-to-peer lactation support groups throughout the month. Free phone, text, and email support also is available. Visit the websites for meeting days and times and contact information for local Leaders, who 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>**



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Clinics - Home Visits and Outpatient Services

- **Carrboro Pediatrics and Internal Medicine • 919-933-6623 •**
Dr. Em Trambert, Breastfeeding Medicine Specialist, Fellowship trained at Duke Family Medicine
127 Fidelity St, Carrboro, 27510
carrboropediatrics.com - Accepts most insurance including Medicaid
Addresses complex medical problems facing lactating families (pain with lactation not alleviated by working with a lactation consultant, low milk supply, dysphoric milk ejection reflex, tongue tie, poor infant growth, food intolerances/allergies in infants, medication review and more).
- **Orange County Health Department (OCHD) • 919-245-2437 •**
Ritza Saenz, Breastfeeding Support Specialist/Community Health,
300 W Tryon St, Hillsborough, 27278
orangecountync.gov/558/Family-Home-Visiting - Family Home Visiting Program offers free support for any new parent who lives in Orange County and is interested in or needs help with breastfeeding. Services are provided in the home or at the Hillsborough clinic or Piedmont Health Services and are available in English and Spanish.
- **Piedmont Health Services (PHS)/WIC and Lactation Support • 919-913-1698 (WIC) •**
Carrboro Community Health Center 301 Lloyd St, Carrboro, 27510
<https://piedmonthhealth.org/wic-and-lactation/> - Providing breastfeeding support and services, including peer counseling, through the WIC program. WIC serves babies and children to age 5, pregnant women, and new mothers. WIC services are available at the Carrboro Community Health Center. PHS accepts insurance including Medicaid.
- **UNC Women's Health Breastfeeding Support bit.ly/UNCBreastfeedingSupport**
General information on breastfeeding prenatal services and support in the hospital, as well as information on breastfeeding classes.
- **UNC Breastfeeding Support Warmline • 984-974-8078 • or • (toll-free) 866-428-5608 •**
Warmline phone support with a lactation consultant. Leave a voicemail. Your call will be returned as quickly as possible. Translation services are available.
- **UNC Lactation Program mombaby.org/unc-lactation-program/**
Providing inpatient and outpatient lactation consultation for expecting and postpartum families. Questions about which clinic best meets your needs? Call the Breastfeeding Warmline • 984-974-8078 or 866-428-5608 • to speak with a lactation consultant. Accepts insurance including Medicaid.

Classes - Pregnancy, Birth, Lactation

- **Carolina Global Breastfeeding Institute (CGBI) *Ready Set Baby!* Live Online Classes**
sph.unc.edu/cgbi/ready-set-baby-live-online-classes/ Classes are free and facilitated by lactation-training students and staff at CGBI with supervision by an International Board Certified Lactation Consultant. Classes in English and Spanish.
- **UNC Women's Health Education Center bit.ly/UNCBreastfeedingClasses**
Click the "Register for Classes" button for dates and times and to register. Or email stork@unch.unc.edu or call 984-974-8882 for information and help registering for a class.