



Free Greater New Orleans Area Breastfeeding Support

Hospital Breastfeeding Centers/ Lactation Consultants:

Call the hospital you delivered at to receive phone consultation or schedule an in-person appointment (fee may apply for appointment).

- Touro Infirmary: (504) 897-8130
- East Jefferson General Hospital: (504)503-4323
- Ochsner Medical Center- Baptist: (504)842-5210
- Ochsner Medical Center- West Bank: (504)391-5195
- Ochsner Medical Center- Kenner: (504)464-8345
- Tulane-Lakeside Hospital: (504)780-4365
- West Jefferson Medical Center: (504)349-6004

Free Breastfeeding Support Groups:

Support groups are open to pregnant and parenting women and their families, who are interested in or are currently breastfeeding. A professional lactation consultant or peer counselor may be present.

<p>La Leche League- New Orleans Group</p> <ul style="list-style-type: none"> ○ 1st Wednesdays at 6pm ○ 3rd Tuesdays at 9am ○ At Play & Grow Studios, Broadmoor Arts and Wellness Ctr, 3900 General Taylor Ave 70125 ○ lllofnorleans@gmail.com or Facebook ○ www.lllallmsia.org/lll-groups/louisiana-groups/new-orleans/ 	<p>La Leche League- Jefferson Group</p> <ul style="list-style-type: none"> ○ 3rd Thursdays, 10:30-11:30 AM ○ At Jefferson Parish Library, Old Metairie Branch Meeting Room ○ For more info: www.LLLJefferson.com, Facebook "LLLJefferson" ○ LLLJefferson@cox.net, (504)431.8146
<p>Café au Lait (New Orleans)</p> <ul style="list-style-type: none"> ○ 1st Wednesdays, 6pm: Norman Mayer Library ○ 2nd Thurs, 11am: WePlay! Center ○ 3rd Sat's 10am: Crescent City Farmers Market ○ 4th Tues, 6pm: MLK Library on Caffin Ave ○ (504)535-4913, cafeaulaitnola@gmail.com, and www.facebook.com/groups/CafeAuLaitNOLA/ ○ Focus on women of color; anyone welcome, pregnant or parenting 	<p>River Ridge Breastfeeding Support Group</p> <ul style="list-style-type: none"> ○ Every Thursday, 6:30-7:30PM ○ At PJ's in River Ridge; 10158 Jefferson Hwy, 70123 ○ (504)259.9648, ○ melissataylor@gmail.com
<p>Baby Bistreaux Infant Nutrition Clinic- East</p> <ul style="list-style-type: none"> ○ Every Friday, 9-12 AM ○ New Orleans East Healthy Start Office: 5646 Read Blvd, Ste # 200 ○ (504)515-1243 ○ Private visit with CLC. No appt necessary. ○ Breastfed <u>and Formula Fed</u> babies welcome. 	<p>Baby Bistreaux Infant Nutrition- West Bank</p> <ul style="list-style-type: none"> ○ Every Tuesday, 9-12 AM ○ West Bank Healthy Start Office- New Orleans School Board Building: 3520 General DeGaulle Dr., Ste #4030, 70114 ○ (504)515-1243 ○ Private visit with CLC. No appt necessary. ○ Breastfed <u>and Formula Fed</u> babies welcome.
<p>CHAMPS NOLA baby café- East Bank</p>	<p>CHAMPS NOLA baby café- West Bank</p>



<ul style="list-style-type: none"> o Every Wednesday, 12:30-2:30pm o At Earhart Center, Ste 1: 4747 Earhart Blvd 70125 o (504)517-6455, Nolababycafe@gmail.com, and Facebook "Champs NOLA baby cafe" o Peer-to-peer support and Free IBCLC lactation consultations available. 	<ul style="list-style-type: none"> o Every Wednesday, 8:30am-11:30pm o At 429 Wall Blvd, Ste 7, Gretna 70056 o (504)517-6455, Nolababycafe@gmail.com, and Facebook "Champs NOLA baby cafe" o Peer-to-peer support and Free IBCLC lactation consultations available.
<p>La Leche League SLIDELL</p> <ul style="list-style-type: none"> o 1st Wednesday of month, 10am-11am o At Carretas: 137 Taos o Leader: Kristian: 254-228-3744 o Leader: El: 760-453-1372, c.ehubbard@yahoo.com 	<p>La Leche League COVINGTON</p> <ul style="list-style-type: none"> o 1st Friday of month, 10am-11am o At St Tammy Parish Hospital Parenting Center: 1505 North Florida o Leader: Kristian: 254-228-3744 o Leader: El: 760-453-1372, c.ehubbard@yahoo.com

General Home Visits (Not Breastfeeding specific, but your home visitor may be a CLC):

TBEARS: tbears.org, (504)988.9222, tbears@tulane.edu

- o Provides free consultation, via phone or clinic or home visit by licensed counselors, who are experts in infant behavior and parent-child attachment.

Healthy Start New Orleans: nola.gov/health-department/healthy-start, (504)658-2600

- o Provides free, regular home visits, and other support programs. You can enroll any time between pregnancy and your child's 2nd birthday.

Nurse-Family Partnership: nursefamilypartnership.org, (504)568.5926

- o Provides free, regular nurse home visits for 1st-time mothers. You must enroll by your 29th week of pregnancy.

New Orleans Breastfeeding Center:

In-clinic infant feeding visits with Nurse Practitioner and IBCLC, covered by most insurances and Medicaid.

- o 2714 Canal Street, Suite 505, New Orleans, LA 70119. (504)515-1243, info@nolabreastfeedingcenter.org

Online Resources:

- Coffective.com/resources: Enter your zip code for a list of all breastfeeding help in your area.
- Partners for Healthy Babies: Call 1(800)251.BABY (2229) or visit www.1800251baby.org
- WIC: Visit www.ldh.la.gov/WIC or call (504)568.8202 to find your closest WIC clinic.
- La Leche League Online Resources: Visit <http://www.llli.org/resources.html>
- Facebook Group "Black Moms Do Breastfeed": Get support 24/7