



Breastfeeding Resource Card Who Can Help?

Covenant

Labor and Delivery

- Lactation support 888-848-BABY (2229)
- Childbirth/Breastfeeding classes \$45 per class or bundle three classes for \$125. Call 989-583-4135 to register.

Saginaw County Health Department WIC

- Free breastfeeding education and support services for those qualifying for WIC including all recipients of Medicaid.
- Peer Counselors, Registered Dietitians, CLS*/IBCLC*
- WIC office 989-758-3733
- WIC warmline 989-280-9216

Great Lakes Bay Health Center WIC

- Free breastfeeding education and support services for those qualifying for WIC including all recipients of Medicaid.
- Peer Counselors, Registered Dietitians, CLS*/LCE*/IBCLC*
- WIC office 989-754-6111
- WIC warmline 408-389-2690 (text only)

CMU Health-Concentric

Taylor Gaudard, MD, IBCLC

- Breastfeeding Medicine Consultations
- Open to all, do not need to be a patient of CMU
- (989) 746-7500

Nurturing Traditions

Leah Segura, BSW, IBCLC*

Sarah Willard, BSN, RN, IBCLC*

- Office, in-home, and virtual lactation consultations; prenatal classes
- Many insurance plans accepted; fees may apply.
- <http://nurturingtraditions.net> (easy online scheduling)
- (989)798-3375

Full Circle Doula Services

Anesha Stanley, CLC*, CD, BD, PCD, CCCE

- Lactation Services

- Birth, Bereavement, and Postpartum Doula
- Placenta Encapsulation
- Childbirth Education; Home visits & virtual
- keysofhopefoundation.com/fullcircledoula
- 989-341-3336 Text/Call

Keys of Hope Foundation

- Pregnancy and Infant Loss, Child Loss and Infertility Support
- keysofhopefoundation.com/supportgroup

Old Town Maternal Infant Health Program (MHIP)

- Provides support for your pregnancy through 18 months of infant's life. Resources, education and mental health services offered to Medicaid enrolled individuals or eligible.
- To enroll call 989-907-2747

Nurse Family Partnership (NFP)

- Are you a first-time mom prior to 28 weeks pregnant and eligible for WIC?
- Get 1:1 support with a Registered Nurse during pregnancy and after delivery.
- CLC* on staff to assist with lactation needs
- Call 989-758-3845 for more information.

Healthy Families America

- Prioritizing personal goals
- Email hrichards@sisd.cc for more information



Local Support Groups

- Saginaw Breastmilk Circle, <https://www.facebook.com/profile.php?id=100090864262673>



- Great Lakes Mother Baby Café, <https://www.facebook.com/groups/270655443444627>

**Check website/QR code for meeting info*

Helpful Links/Information

- State WIC Breastfeeding Warmline (833)649-4223, Available 7 days a week 8am-8pm
<https://www.michigan.gov/mdhhs/assistance-programs/wic/breastfeeding>
- La Leche League, <https://llli.org/breastfeeding-info/>
- Infant Risk Center on information on medication and human milk, <http://infantrisk.com>
- Bronson's Milk Bank, <https://www.bronsonhealth.com/locations/bronson-mothers-milk-bank/>

**CLC/CLS/LCE, Certified Lactation Counselor/Specialist, Lactation Counselor Educator, have passed a nursing skills competency test.*

**IBCLC, International Board-Certified Lactation Consultant, denotes extensive education, experience*

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