

# Emerald Coast Alliance for Breastfeeding Support

## Breastfeeding Services Directory



### Hospital Lactation Services:

#### Baptist Hospital

Hospital Information: 850-434-4011

- Breastfeeding classes
- Medela pump rentals and sales – through gift shop
- Support classes for moms

#### Sacred Heart Hospital

Hospital Information: 850-416-7000

For breastfeeding support contact: Jennifer South, RN, IBCLC; Mary Birmingham, RN, IBCLC; Cathy Brooks, RN, IBCLC; Lisa Hitchcock, RN, IBCLC; Lorie Sabata, RN, IBCLC; and Donna Sabo, RN, IBCLC at 850-416-8088 or 850-416-6378

- Breastfeeding classes
- Breastfeeding rounds
- Intensive Care Nursery lactation support
- Outpatient lactation counseling & baby weights
- Post discharge follow-up phone calls
- Medela pump rentals and sales – through gift shop
- Support class for moms

#### West Florida Hospital

Hospital Information: 850-494-4000

For breastfeeding support contact: Mother Baby Care Center staff at 850-494-4368

#### Naval Hospital -Pensacola

Hospital Information: 850-505-6601

For breastfeeding support contact: The Mother-Baby Staff at 850-505-6058

#### Santa Rosa Medical Center

Hospital Information: 850-626-7762

For breastfeeding support contact: The Baby Suite staff at 850-554-0256

#### Eglin Hospital

Hospital Information:

For breastfeeding support contact: Regina Humphreys, IBCLC at 850-883-8001

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling
- Post discharge follow-up phone calls

#### North Okaloosa Medical Center

Hospital Information: 850-689-8100

For breastfeeding support contact: Especially for Women staff at 850-689-8340

#### FWB Medical Center

Hospital Information: 850-862-1111

For breastfeeding support, call and ask for Nikki Coffin, RN, IBCLC.

#### Sacred Heart on the Emerald Coast

Hospital Information: 850-278-3000

For breastfeeding support contact: Christy Beitel, RN, IBCLC at 850-278-3995

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling & baby weights
- Post discharge follow-up phone calls
- Breastfeeding Support Group

#### Bay Medical Center

Hospital Information: 850-769-1511

For breastfeeding support contact: the Carole Buhrow, RN, IBCLC at 850-747-6456, carole.buhrow@baymedical.com

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling

#### Gulf Coast Medical Center

Hospital Information: 850-769-8341

For breastfeeding support contact: Bethany Willis, IBCLC, Bernie Wells, RN, IBCLC; and Betty Liles, IBCLC at 850-747-7700, bethany.willis@hcahealthcare.com

- Breastfeeding classes
- Breastfeeding rounds
- Intensive Care Nursery lactation support
- Outpatient lactation counseling

### Breastfeeding Classes:

#### Hospitals:

**Baptist:** Contact Healthy Lives at 850-469-6903 (monthly Sat class, as a part of prenatal education)

**Sacred Heart:** Contact the Nesting Place at 850-416-6378 (2 hour class twice monthly, evenings, & Sat. mornings)

**Naval Hospital:** Contact Central Appointments at 850-505-7171 (3 hour class twice monthly, days and evenings.)

**Eglin Hospital:** Contact Regina Humphreys at 850-883-8001.

**Sacred Heart on the Emerald Coast:** Contact us at 850-278-3600 (2 hour class 2<sup>nd</sup> Tuesday of month - evenings.)

**Bay Medical:** Contact: Carole Buhrow, IBCLC at 850-747-6456.

**Gulf Coast:** Contact: Consult-a-Nurse at 850-747-3600.

#### WIC:

**Escambia:** Contact 850-484-5121 (2 hour class twice monthly, day/late afternoon.)

**Santa Rosa:** Contact 850-983-5250 (2 hour class 3<sup>rd</sup> Thursday - 4pm-6pm.)

**Okaloosa:** Contact 850-833-9254 (1.5 hour class, FWB on Tuesdays, Crestview on Thursdays - days)

#### Private:

**Niceville:** Gentle Birth Options, 850-279-6778.

**WIC Departments (By county):** This agency offers:

- Breastfeeding classes
- Outpatient lactation counseling & baby weights
- Medela pump loans (based on criteria)

**Escambia** Anne Sanborn, MPH, IBCLC 850-595-6668 X 212

**Santa Rosa** Jen Wowk-Ward, IBCLC 850-983-5250 X 117

**Okaloosa** Felisha Floyd, BS, CLC (FWB) 850-833-9254 X 2182  
Crestview 850-689-7858

Supporting, protecting, and promoting breastfeeding on the Emerald Coast

[www.emeraldcoastbreastfeeding.com](http://www.emeraldcoastbreastfeeding.com)

**Bay Sandy McCroan, IBCLC** 850-872-4666 X 1363  
**Walton** 850-892-8020  
**Gulf** 850-227-1276  
**Tri-County After Hours Hotline** 850-747-5775  
**Holmes Bonifay** 850-547-0674  
**Jackson Marianna** 850-526-2412  
**Baldwin, ALLori Nesmith** 251-937-6935  
**Sharon Eiland** 251-947-1910

## La Leche League (By county):

**Escambia: LLL of Pensacola**, 850-366-8287, meets:  
 1<sup>st</sup> Thursday 10am at WF Public Library, Downtown Branch, Meeting Room C.  
 3<sup>rd</sup> Saturday 10am at Holy Cross Episcopal Church  
 4<sup>th</sup> Thursday 6pm at Drowsy Poet, Pace (no formal mtg)

**Okaloosa/Walton: LLL of the Central Panhandle**, meets:  
 1<sup>st</sup> Thursday 10am at First Presbyterian Church of Niceville;  
 3<sup>rd</sup> Thursday 6pm at Growing Green Bums, Niceville  
 3<sup>rd</sup> Wednesday 10am at Café Organic, FWB (no formal mtg)  
 Leaders: Christina, lllleaderchristina@gmail.com  
 Rachel, lllcprachel@gmail.com

## Other Parent Support Groups:

**Pensacola** Mothers of Multiples 850-470-0880  
**Baptist Baptist Mommies** 850-469-6903  
**Sacred Heart Mommy & Me** 850-416-6378  
**Baby Circle @ Old Thyme Remedies;**  
 Wednesdays, 10am-12pm; Jen Chendea, leader.  
**Pensacola Beach** Mom's Café 850-686-2646  
**Niceville Nursing Mothers' Circle;** 1<sup>st</sup> Thurs., 6:30pm, Café Bienville, Anne Hinze, IBCLC, 850-699-2018  
 Breastfeeding Support Group, Growing Green Bums; Fridays, 9:30am, Christina Schaefer, IBCLC  
**Destin** **SHHEC** Baby Weigh Day 850-278-3995  
 Baby Blues Discussion 850-502-7489  
**Panama City** Mommy's Milk Club, meets 1<sup>st</sup> Thursday at First Baptist Church in Family Life Center 11am-12pm; Cheryl Repel; 850 872-4455 X 1198  
**Gulf Coast Medical Center** Tea for Two, 2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 2:30pm, in cafeteria; Bethany Willis (Bethany.willis@hcahealthcare.com)

## Private Lactation Consultants (By city):

**Pensacola:** Harmony Lactation Consulting; Elaine Condon, RN, IBCLC; 850-686-2646 [www.harmonylactation.com](http://www.harmonylactation.com);  
 Facebook: Mom's Café; breastfeeding classes, in home/office consultations; [elainecondon@mail.com](mailto:elainecondon@mail.com);  
[sbhannum@yahoo.com](mailto:sbhannum@yahoo.com)  
 Jen Chendea; weekly support group (see above); consultations; [jenchendea.com](http://jenchendea.com)  
**Niceville:** Gentle Birth Options; Cindi Denbow, CNM, ARNP, IBCLC; 850-279-6778; [www.gentlebirthoptions.com](http://www.gentlebirthoptions.com);  
[info@gentlebirthoptions.com](mailto:info@gentlebirthoptions.com).  
 Christina Schaefer, IBCLC;

**Niceville/Destin:** Anne Hinze, IBCLC; private breastfeeding classes, office & in home consultations; 850-699-2018; [annehinzeibclc@icloud.com](mailto:annehinzeibclc@icloud.com); [www.annehinzeibclc.com](http://www.annehinzeibclc.com)

**Fort Walton Beach:** Hurlburt Field New Parent Support Program; Erin Hernandez, RN, IBCLC; 850-881-5256; [Erin.hernandez.ctr@hurlburt.af.mil](mailto:Erin.hernandez.ctr@hurlburt.af.mil).

## Healthy Start (By county):

**Escambia** Pat Williams, RN 850-474-5333  
 Linda Macks, RN 850-416-2403  
**Santa Rosa** Milton 850-626-6751  
**Okaloosa** Walkidia Fradera 850-833-9240 X 2383  
 Debra Schaller 850-833-9240 X 2174  
**Bay/Gulf** Cheryl Repel, RN, IBCLC 850-872-4455 X 1198  
 Teresa Sheffield, MSW 850-872-4455 X 1909

## Breast Pump Rentals (By city):

**Pensacola** Baptist Hospital 850-434-4011  
 Sacred Heart Hospital 850-416-7000  
 Storkland 850-478-2633  
**Shalimar** Self Expressions 850-651-4500  
**Destin** SHH on the Emerald Coast 850-278-3534  
**Niceville** Gentle Birth Options 850-279-6778  
**Panama City** Gulf Coast Medical Center 850-747-7898

## Online Resources:

**[www.emeraldcoastbreastfeeding.com](http://www.emeraldcoastbreastfeeding.com)** Emerald Coast Alliance for Breastfeeding Support  
**[www.flbreastfeeding.com](http://www.flbreastfeeding.com)** Florida Breastfeeding Coalition  
**[www.4woman.gov/Breastfeeding/](http://www.4woman.gov/Breastfeeding/)**  
**[www.drjacknewman.com/index](http://www.drjacknewman.com/index)** Resource by Canadian Pediatrician who specializes in Breastfeeding Medicine  
**[www.infantrisk.org/](http://www.infantrisk.org/)** Source for information on up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding  
**[www.kellymom.com](http://www.kellymom.com)** Excellent source of information managed by a Lactation Consultant about a variety of parenting and breastfeeding issues.  
**[www.lllii.org](http://www.lllii.org)** La Leche League International home site

## Book Resources:

Chickering, Miriam & Ronda Yoder. *The Gentle Art of Mothering: A Christian Guide to Infant Care*. Manning, IA: Grace & Truth Publishing, LLC, 2012.  
 Kendall-Tackett, K. & Mohrbacher, N. *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers* 2<sup>nd</sup> Ed. Oakland, CA: New Harbinger Publications, 2010.  
 Pantley, Elizabeth & William Sears. *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night*. Indianapolis: McGraw-Hill, 2002.  
*The Womanly Art of Breastfeeding*, 8<sup>th</sup> Ed. New York: La Leche League, 2010.