

Baltimore City Breastfeeding Resource Guide

- All of the resources in this guide are FREE and OPEN to everyone unless otherwise noted.
- Baltimore City can support breastfeeding mothers in many ways, as follows:
 - An International Board-Certified Lactation Consultant (IBCLC) has passed a national exam and has at least 500 hours of experience helping mothers with breastfeeding. An IBCLC can help with all types of breastfeeding concerns.
 - A Certified Lactation Counselor (CLC) has received a week of detailed breastfeeding instruction and passed a certification exam. They can help with many breastfeeding concerns.
- A Breastfeeding Peer Counselor is someone like you! She most likely has experience with breastfeeding and has taken breastfeeding classes. Peer Counselors can answer breastfeeding questions and are great for providing support and encouragement.
- A Warm Line allows you to leave a message about your concern or question. Someone – usually an IBCLC – will call you back within 1-2 business days.

Women, Infants and Children (WIC) program

Open to WIC clients only

Baltimore City Health Department WIC (multiple locations)

Staffed by IBCLC and CLC

Hours: Monday - Friday, 8:30am - 4pm

Phone: 410.396.9427; calls returned within 1 business day

Website: health.baltimorecity.gov/node/171

Johns Hopkins WIC

Staffed by Peer Counselor

2013 E Monument Street, Baltimore, MD 21205

Hours: Monday - Friday, 8:30am - 5pm

Phone: 410.614.4848; calls returned within 1 business day

Maryland State WIC Program (multiple locations)

Staffed by IBCLC

Hours: Monday - Friday, 8:30am - 4pm

Phone: 410.767.6902 for Amy Resnik; 410.767.5244 for Nancy McAlduff

Hospital resources – Baltimore City

Johns Hopkins Bayview Hospital

Staffed by IBCLC

Warm Line: 410.550.0309

MedStar Harbor Hospital

Staffed by IBCLC

Support group meets weekly at 3001 South Hanover Street, Baltimore, MD 21225; call for details as dates may change

Phone and Warm Line: 410.350.2234

Mercy Medical Center

Staffed by IBCLC

Support group held every Monday 10am - 12pm except major holidays at McAuley Conference Room #3, 345 St Paul Place, Baltimore, MD 21202

Phone and Warm Line: 410.332.9060

Johns Hopkins Hospital

Staffed by IBCLC

Warm Line: 410.614.0993

Sinai Hospital

Staffed by IBCLC

Breastfeeding support group every Monday 10am - 12pm (including holidays) at the Lactation Resource Center, Blaustein Building, Sinai Hospital, 2401 W. Belvedere Avenue, Baltimore, MD 21215

Phone: 410.601.5193

St. Agnes Hospital

Staffed by IBCLC

Drop-in postpartum support for discharged patients every Monday 1pm - 3pm at 900 Caton Avenue, Baltimore, MD 21229

Phone and Warm Line: 667.234.2624

University of Maryland Medical Center

Staffed by IBCLC

Breastfeeding support group every Tuesday 10am - 11am at Family Medicine Office, Conference Room 29, South Paca Street, Baltimore, MD 21201

Warm Line: 410.328.3512; calls returned every few hours up to 9pm

Phone: 410.328.2944

lactationsupport@umm.edu

[/umm.edu/breast-feeding](http://umm.edu/breast-feeding)

Baltimore Healthy Start, Inc.

Milk Mates group for members of Baltimore Healthy Start at 610 North Chester St, Baltimore, MD 21205

Phone: 410.675.2125

Greenberries Hampden

Staffed by Breastfeeding Peer Counselors

Breastfeeding Moms Circle every Thursday 12noon - 1pm at 915 West 36th Street, Baltimore, MD 21211

Phone: 410.889.6253

Judy Center at Arundel Elementary/Middle School

Staffed by CLC

2400 Round Road, Baltimore, MD 21225

Phone: 443.642.2130; call Ashley McGill to schedule a free consultation

Judy Center at Curtis Bay Elementary School

Staffed by CLC

4301 W Bay Ave, Baltimore, MD 21225

Phone: 410.396.1397; call Shalonda Howze to schedule a free consultation

Judy Center at John Rurah Elementary School

B'more for Healthy Babies

Staffed by CLC

Breastfeeding support group every Thursday 8:30am - 10am at 701 Rappolla St, Baltimore, MD 21224

Phone: 410.558.4895; call Caitlyn Haynes for details about the support group

La Leche League Northwest

Staffed by Breastfeeding Peer Counselors

Morning meetings are held on the 3rd Wednesday of each month at 10am. Evening meetings are held on the 4th Monday of each month at 7pm. Various locations.

Phone: 410.566.7178; call Marina Kopylova for details about the meetings

Promise Heights Breastfeeding Support Group

B'more for Healthy Babies

Staffed by CLC

Support group held every 2nd Wednesday 1pm - 3pm at Pedestal Gardens Community Center, 325 McMechen Street, Baltimore, MD 21217

Phone: 410.706.6131; call Shasha Satchell for details about the support group