



# Free Greater New Orleans Area Breastfeeding Support

## Hospital Breastfeeding Centers/ Lactation Consultants:

Call the hospital to receive phone consultation, virtual visit, or to schedule an in-person appointment (Fee may apply for in-person 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><b>Café au Lait (New Orleans)</b></p> <ul style="list-style-type: none"> <li>○ 9 virtual circles per month, on our private Facebook group</li> <li>○ Join group at <a href="http://www.facebook.com/groups/CafeAuLaitLouisiana/">www.facebook.com/groups/CafeAuLaitLouisiana/</a></li> <li>○ Text “CALNOLA” to 77948 to join our VIP Text Club!</li> <li>○ (504)515-1243, <a href="mailto:cafeaulaitnola@gmail.com">cafeaulaitnola@gmail.com</a>, and</li> <li>○ Focuses on women of color; anyone welcome, pregnant or parenting</li> </ul>	<p><b>La Leche League- Jefferson Group</b></p> <ul style="list-style-type: none"> <li>○ 3<sup>rd</sup> Thursdays, 1:00-2:30 PM</li> <li>○ <a href="https://us02web.zoom.us/j/79988056484">https://us02web.zoom.us/j/79988056484</a></li> <li>○ For more info: <a href="http://www.LLJefferson.com">www.LLJefferson.com</a>, Facebook “LLJefferson”</li> <li>○ <a href="mailto:Contact@LLJefferson.com">Contact@LLJefferson.com</a>, (504) 333-3212</li> </ul>
<p><b>NOLA Baby Café</b></p> <ul style="list-style-type: none"> <li>○ Monday, 6:15-8:15 pm</li> <li>○ Tuesday, 12-2 pm</li> <li>○ Wednesday, 12pm-2:30 pm</li> <li>○ <a href="https://zoom.us/j/97732339761">https://zoom.us/j/97732339761</a></li> <li>○ (504)517-6455, <a href="mailto:Nolababycafe@gmail.com">Nolababycafe@gmail.com</a>, and Facebook “NOLA Baby Cafe”</li> <li>○ New Locations opening soon</li> </ul>	<p><b>Café con Leche (New Orleans)- en español</b></p> <ul style="list-style-type: none"> <li>○ cada primer martes del mes, 6:00 pm a 7:30 pm</li> <li>○ en línea en nuestro grupo privado de Facebook <a href="http://www.facebook.com/groups/CafeAuLaitLouisiana/">www.facebook.com/groups/CafeAuLaitLouisiana/</a></li> <li>○ Envía LECHE por texto al 77948</li> <li>○ (504)515-1243, <a href="mailto:cafeaulaitnola@gmail.com">cafeaulaitnola@gmail.com</a></li> <li>○ Gratuito y abierto a cualquier residente de Luisiana</li> </ul>



<p><b>Birthmark Drop-In Perinatal/ Infant Feeding Clinic</b></p> <ul style="list-style-type: none"> <li>o No appointment, drop-in virtual support.</li> <li>o Every week day Monday- Friday, 9:30am-11:30am on zoom: <a href="https://www.nolabreastfeedingcenter.org/dropinclinics">https://www.nolabreastfeedingcenter.org/dropinclinics</a></li> <li>o Daily After Hours Textline, every day 8-10pm, weekends too, Text (504)535-4223</li> <li>o Open to all pregnant and parenting families, staffed by CLCs and Doulas</li> </ul>	<p><b>NOLA Baby Café</b></p> <ul style="list-style-type: none"> <li>o Monday, 6:15-8:15 pm</li> <li>o Tuesday, 12-2 pm</li> <li>o Wednesday, 12pm-2:30 pm</li> <li>o <a href="https://zoom.us/j/97732339761">https://zoom.us/j/97732339761</a></li> <li>o (504)517-6455, <a href="mailto:Nolababycafe@gmail.com">Nolababycafe@gmail.com</a>, and Facebook “NOLA Baby Cafe”</li> <li>o Peer-to-peer support and Free IBCLC lactation consultations available.</li> </ul>
<p><b>Bayou Region Baby Cafe</b></p> <ul style="list-style-type: none"> <li>o Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays (except holidays)</li> <li>o 3:00-5:00 PM at Terrebonne Parish Main Library, Davidson Room 2<sup>nd</sup> floor</li> <li>o 151 Library Dr. Houma, LA 70360</li> <li>o Every Tuesday, Virtual Baby Cafe</li> <li>o 3 PM, Facebook “Bayou Region Baby Cafe”</li> <li>o (985)205-8779, <a href="mailto:bayouregionbabycafe@gmail.com">bayouregionbabycafe@gmail.com</a></li> <li>o</li> </ul>	<p><b>Do you know of additional breastfeeding support groups in the greater New Orleans area?</b></p> <p>Please contact us at <a href="mailto:admin@birthmarkdoulas.com">admin@birthmarkdoulas.com</a> to add your group’s information!</p>

**Clinic Visits:**

**New Orleans Breastfeeding Center:** In-clinic infant feeding visits with Nurse Practitioner and IBCLC, covered by most insurances. Free and sliding scale **home visits** are also available for qualifying families.

- o [www.nolabreastfeedingcenter.org](http://www.nolabreastfeedingcenter.org), 6100 Canal Blvd., Suite 205, New Orleans, LA 70124. (504)515-1243, [admin@birthmarkdoulas.com](mailto:admin@birthmarkdoulas.com)

**General Home Visits:** These are not lactation specific, but your home visitor can be a resource.

**TBEARS:** FREE in home counseling for parents by trained counseling team, with focus on parent-infant relationship, by Tulane University. These are not lactation visits, but that home visitors can help with parent mental health, infant feeding and sleeping issues

- o [tbears.org](http://tbears.org), (504)988.9222, [tbears@tulane.edu](mailto:tbears@tulane.edu), 1440 Canal Street, Suite 1172

**Louisiana Family Coaching and Support Program:** Family support and coaching services are offered through Nurse-Family Partnership (NFP) and Parents as Teachers (PAT). NFP pairs first time moms with a registered nurse during their second trimester to help guide them through pregnancy and newborn care. PAT pairs families who are expecting a baby or have young children with parent educators who provide support, help families navigate services, and keep babies healthy.

- o <https://partnersforfamilyhealth.org/>, (504)568.5926

**Online Resources:**

- [Coffective.com/resources](http://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](http://www.1800251baby.org)
- WIC: Visit [www.ldh.la.gov/WIC](http://www.ldh.la.gov/WIC) or call (504)568.8202 to find your closest WIC clinic.
- La Leche League Online Resources: Visit <https://www.llli.org/resources/>