Emerald Coast Alliance for Breastfeeding Support
Breastfeeding Services Directory

Hospital Lactation Services:

**Baptist Hospital**
Hospital Information: 850-434-4011
For breastfeeding support contact: 850-434-4567 or 850-434-4875
- Breastfeeding classes
- Breastfeeding rounds
- Extended Care Nursery lactation support
- Medela pump rentals – through gift shop
- Support classes – lactation counseling & baby weights

**Sacred Heart Hospital**
Hospital Information: 850-416-7000
For breastfeeding support contact: 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: Nursing staff 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 lactation support.

**Sacred Heart on the Emerald Coast**
Hospital Information: 850-278-3000
For breastfeeding support contact: 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: 850-747-6456,
- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling

**Gulf Coast Medical Center**
Hospital Information: 850-769-8341
For breastfeeding support contact: 850-747-7700
- Breastfeeding classes
- Breastfeeding rounds
- Intensive Care Nursery lactation support
- Outpatient lactation counseling

**Breastfeeding Classes:**

**Hospitals:**
- **Baptist:** Contact Prenatal Education at 850-434-4567 (monthly Tuesday and Thursday class)
- **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:** Contact us at 850-883-8001.
- **Sacred Heart on the Emerald Coast:** Contact us at 850-278-3600 (2 hour class 2nd Tuesday of month - evenings.)
- **Bay Medical:** Contact us 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.) FREE
- **Santa Rosa:** Contact 850-983-5250 (1 hour class weekly: 1st and 3rd Thursday at 4pm and 2nd and 4th Thursday at 9:30am.)
- **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)

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact info</th>
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<tbody>
<tr>
<td>Escambia</td>
<td>Anne Sanborn, MPH, IBCLC 850-595-6668 X 212</td>
</tr>
<tr>
<td>Santa Rosa</td>
<td>Jen Wowk-Ward, IBCLC 850-983-5250 X 117</td>
</tr>
<tr>
<td>Okaloosa</td>
<td>Donna Burns, CLC (FWB) 850-833-9254 X 2182</td>
</tr>
<tr>
<td>Bay</td>
<td>Sandy McCroan, IBCLC 850-872-4666 X 1363</td>
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<tr>
<td>Gulf</td>
<td>850-227-1276</td>
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<tr>
<td>Tri-County After Hours Hotline</td>
<td>850-747-5775</td>
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<tr>
<td>Walton</td>
<td>Hannah Vidal, MS, RD/N, LD, CLC 850-892-8020</td>
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</tbody>
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Supporting, protecting, and promoting breastfeeding on the Emerald Coast
www.emeraldcoastbreastfeeding.com
**La Leche League (By county):**

**Escambia:** LLL of Pensacola, 850-366-8287, meets:

- 1st Thursday 10am at Ever’Man’s Community Room.
- 4th Thursday 6:30pm at Drowsy Poet, Pace (no formal mtg)

**Okaloosa/Walton:** LLL of the Central Panhandle, meets:

- 1st Thursday 10am at First Presbyterian Church of Niceville;
- 3rd Thursday 6pm at Growing Green Bums, Niceville
- 3rd Wednesday 10am at Café Organic, FWB (no formal mtg)

Leaders: Christina, Illeadercristina@gmail.com
Rachel, IlCPrcrachel@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; 1st Thurs., 6:30pm, Café Bienville, Anne Hinze, IBCLC, 850-699-2018

- **Destin**
  - SHHEC Baby Weigh Day 850-278-3995
  - Baby Blues Discussion 850-502-7489

- **Panama City**
  - Mommy's Milk Club, meets 1st 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, 2nd & 4th Tuesday, 2:30pm, in cafeteria; Bethany Willis (Bethany.willis@hcahealthcare.com)

**Private Lactation Consultants (By city):**

- **Pensacola:** Jen Chendea; weekly support group (see above); consultations; jenchendea.com

- **Niceville:** Gentle Birth Options; Cindi Denbow, CNM, ARNP, IBCLC; 850-279-6778; www.gentlebirthoptions.com; info@gentlebirthoptions.com; Christina Schaefer, IBCLC;

- **Niceville/Destin:** Anne Hinze, IBCLC; private breastfeeding classes, office & in home consultations; 850-699-2018; annehinzeiblc@icloud.com; www.annehinzeiblc.com

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

**Healthy Start (By county):**

- **Escambia**
  - Janet Thompson, RN 850-595-6500 X 1100
  - Linda Macks, RN 850-595-6500 X 1110

- **Santa Rosa**
  - Milton 850-626-6751

- **Okaloosa**
  - Walkida Fradera 850-833-9240 X 2383
  - Debra Schaller 850-833-9240 X 2174

**Breast Pump Rentals (By city):**

- **Pensacola**
  - 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.4woman.gov/Breastfeeding/](http://www.4woman.gov/Breastfeeding/) Florida Breastfeeding Coalition
- [www.drjacknewman.com/index](http://www.drjacknewman.com/index) Source 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.

**Book Resources:**


