Breastfeeding Classes
All classes are free and recommended to be attended between 28-36 weeks of pregnancy. Support people are encouraged to attend. For times or to register call:

- **Joint Township District Memorial Hospital** (St Marys) – 419-394-3335 Ext. 2419
- **Mercy Health St Rita's Medical Center** (Lima) – 419-226-9000
- **Lima Memorial Hospital** (Lima) – 419-998-4570
- **Bluffton Hospital** (Bluffton) – 419-369-2332
- **Wilson Memorial Hospital** (Sidney) – 937-497-BABY
- **Mercer Health** (Coldwater) - 419-678-5670
- **Auglaize County WIC** (Wapakoneta) - 419-738-7428

Breastfeeding Support

- **La Leche League**
  A support group for nursing moms or pregnant women interested in breastfeeding.
  - **Celina**
    LLL of Celina meets on the second Tuesday of each month at 7:00 pm. Please call for meeting location and more information: Karen – 419-733-6761
  - **Lima**
    LLL of Lima meets on the second Tuesday of every month from 7:00-9:00 pm at 2200 W. Elm St., Lima (St Charles Church). For more information find them on Facebook at: La Leche League Lima

- **Auglaize County WIC**
  Assistance with breast pumps through insurance during pregnancy or after delivery from WIC. Weight checks for baby are available here. Replacement pump parts and correct size flanges/breast shields available to WIC breastfeeding moms. For more information call 419-738-7428 or look for us on Facebook @ Auglaize County Breastfeeding at WIC

- **Wilson Memorial Hospital Breastfeeding Boutique**
  Trained lactation consultants help breastfeeding moms with fittings and other questions when purchasing breastfeeding supplies. For more information call 937-498-5434

- **Mercy Health St Rita’s Breastfeeding Clinic**
  By appointment only on Mondays from 1:00-4:00 pm call 419-996-5807 for more information or to schedule. Appointment is with a lactation consultant to help with latch assistance, weight checks, breastfeeding questions and concerns.

- **Lima Memorial Hospital Walk- in Clinic**
  Walk-in breastfeeding clinic every Thursday from 8:00-11:00 am. Call 419-998-4570 for more information. A lactation consultant is available to help with latch assistance, baby weight checks, breastfeeding questions and concerns.

- **Blanchard Valley Regional Health Center Support Group**
  Meets the second and fourth Monday of the month from 4:00-5:00 pm. Call 419-423-5518 for more information.
Lactation Consultants
(IBCLC- International Board Certified Lactation Consultant )

Joint Township District Memorial Hospital (St. Marys) 419-394-3335 ext. 2419
  • Karen RN, IBCLC & Samantha RN, IBCLC

Mercy Health St. Rita’s Medical Center (Lima) 419-996-5807
Breastfeeding clinic by appointment only Mondays 1:00-4:00 pm
  • Shaena IBCLC, Janet IBCLC & Sam IBCLC

Lima Memorial Hospital 419-998-4570
Breastfeeding walk-in clinic every Thursday 8:00-11:00 am
  • Shelly RN, IBCLC & Joanne IBCLC

Wilson Memorial Hospital (Sidney) 937-498-5434.
Nurses trained in breastfeeding support available 24 hours a day at 937-498-5381
  • Dorris IBCLC & Mary IBCLC

Blanchard Valley Regional Health Center (Findlay and Bluffton campuses) 419-423-5518
  • Lisa IBCLC, Wendy IBCLC & Natalie IBCLC

Mercer Health (Coldwater) 419-678-5162
  • Nicole IBCLC

Additional Resources

Auglaize County WIC Lending Library
Breastfeeding books and DVDs covering basics and specific topics such as exclusive pumping and breastfeeding multiples available for WIC families to borrow.

The following are internet sites that contain information about breastfeeding. WIC does not endorse any products for sale at any site and none of these are intended to replace assessment by a lactation consultant, physician or health professional.

https://wicbreastfeeding.fns.usda.gov/ – The website provides information, answers to common questions, ways to overcome challenges and more to help WIC moms breastfeed as much as they can, for as long as they can.

http://www.askdrsears.com – Pediatrician Dr. Sears discusses many topics, including developmental milestones, sleep routines, breastfeeding, etc.


http://www.lalecheleague.org - La Leche League, support for any mom trying to provide human milk to their baby.

http://lalecheleague.org/langespanol.html – Aquí encontraras información sobre lactancia consultando las preguntas comunes, el foro de apoyo madre a madre, o enviando tu pregunta a través del formulario de ayuda por correo electrónico

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