

NC Telehealth Breastfeeding Resources

All listings must comply with the International Code of Marketing Breast-Milk Substitutes. Inclusion of an item on this list does not imply endorsement or support by the NCBC of an item or organization, unless specifically noted.

Contact Name	Business Name	Location	Contact Number	Website	Services Available	Additional Information to be listed:
Angela Tatum Malloy, MAT,IBCLC, CHW,Doula	Fayetteville Breastfeeding Center	131 Hay Street, Ste 201, Fayetteville, NC 28301	9107648314	http://www.fayettevillebreastfeedingcenter.com	(Lactation/Infant Feeding Services) Prenatal Breastfeeding Consult, Postpartum Breastfeeding Consult, Pumping Plan Consultation Babyled Weaning Workshop Safe Infant Feeding Consultation Breastfeeding Circle (Birthing/Postpartum Services) Doula Support Birth Plan Consultation Prenatal Centering Group Postpartum Planning Consultation Postpartum Wellness Workshop Postpartum Centering Group Parenting/Infant Care Workshop	Lactation Services and some Postpartum Services covered by Tricare, NC Medicaid, United Healthcare. BCBS & Medcost pending. Self-Pay Payment Plans and Gift Cards for most Birthing/Postpartum Services. Funding available for the uninsured/underinsured for those who qualify.
Abigail Sanders	Latch with Nutrition	Virtual/Fayetteville nc	9103026198	http://www.latchwithnutrition.com	Prenatal postpartum lactation dietitian services	Programs for prenatal and postpartum education and nutrition health for postpartum
Rachel Davis	Harmony Nutrition & Lactation, LLC	Charlotte, NC	9802243748	https://www.harmonynl.com	Rachel offers an array of family-centered nutrition and lactation services from preconception through preschool including office-based, in-home and virtual nutrition counseling and lactation consultations, breastfeeding education, group nutrition classes, group breastfeeding classes, cooking and grocery shopping classes and more! Rachel also provides professional training and presentations and has spoken locally and nationally for many groups and organizations on a variety of topics addressing adult and pediatric nutrition, lactation, and disparities and inequities in health. Cocoa B.E.A.N.S. Cafes: Cocoa B.E.A.N.S. is a subsidiary of Harmony Nutrition & Lactation, LLC. It serves to build a supportive, informed and empowered community for families in Charlotte & surrounding areas. People of color are encouraged to embrace good nutrition & breastfeeding as a cultural & social norm through Breastfeeding Education, Advocacy, Normalcy & Support(B.E.A.N.S.) Typically we conduct 3 monthly cafes, or support groups, (virtual and in person). See social media accounts for updates. This gives families a safe space & an opportunity to meet with other families and consult a lactation consultant (who is always present). Families are welcome regardless of infant feeding preference. Infants, older children & friends are also welcome.	Email: Rachel@HarmonyNL.com Website: www.harmonyNL.com Facebook/Instagram/Twitter: FB: https://www.facebook.com/HarmonyNLllc/ IG: @HarmonyNL
Jana Shoptaw	Centra Carolina Lactation Consultant	Asheboro and surrounding areas	3364938829		Virtual and home visits	www.centralcarolinialactationconsultant.com
Natalie Ward	The Milky Mermaid LLC	Wilmington, NC	9192108846	https://www.themilkymermaid.com/	The Milky Mermaid is now offering virtual services for all classes and comprehensive lactation consults at a discounted price. We are also renting baby-weight scales daily or weekly for baby,Àds with weight-gain concerns. Virtual Services offered include: *Comprehensive lactation consultations *Individualized prenatal breastfeeding classes *Breastpump Instruction and how to maximize expressed milk volume educational sessions *Bottle-feeding and pumping classes to prepare for returning to work *Hospital-grade Medela Symphony breastpump rentals (bi-weekly or monthly) *Email and phone support *Breastfeeding tools and supplies available for purchase (nipple shields, Supplemental Nursing Systems, breastpump accessories and parts, bottle-feeding kits, hydrogels, and more.)	
Deborah Adler, NP, IBCLC	Women's Birth and Wellness Center	Chapel Hill	9199333301		Telehealth lactation consults available 5 days a week for both new and existing patients.	Welcoming new patients. Limited in-person visits also available.
Love Anderson	Durham La Leche League Leader	Durham	9196228787	https://llldurham.org	We offer online and phone support to all who want to breastfeed. Whether you are pregnant, facing a challenge, breastfeeding is going smoothly, or you,Àdd like to help support others,À¶	La Leche League of Durham is committed to diversity and inclusion. LLL supports all breastfeeding,chestfeeding, and human milk feeding families, inclusive of their race, ethnicity, immigration status, national origin, creed, age, sexual orientation, gender identity, family structure, primary language, ability, or socio-economic status.
Erin Moore	Mother Nature Lactation	Statesville, NC	7044509972	https://www.facebook.com/pg/mothernaturebirthlactation	Comprehensive Lactation consultations with an IBCLC, Breastfeeding help for all stages from prenatal, birth to weaning.	