

# Maryland WIC

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## Breastfeeding Support Resources

### **Anne Arundel County WIC Program**

Anne Arundel County Department of Health

**410-222-0085**

- Lactation consultants, IBCLC
- Support groups and classes
- Nursing bras, pumps and more aids

All services free to WIC participants.

### **Anne Arundel Medical Center**

Warm line: 443-481-6977

- Pump rentals and sales
- Breastfeeding support group for new moms
- Prenatal Breastfeeding class:  
443-481-4000 or 1-800-MDNURSE

### **Baltimore Washington Medical Center**

Warm Line: 410-595-1782 or

[www.mybwmc.org/childbirth-education](http://www.mybwmc.org/childbirth-education)

- Lactation Consultants
- Breastfeeding support group for new moms

### **Harbor Hospital**

- Prenatal Breastfeeding class:  
410-350-2563
- Lactation Consultant by phone:  
410-350-2234

### **Kimbrough Ambulatory Care Center**

**Ft. Meade**

- Breastfeeding help: 301-677-8424

## **Malcolm Grow Medical Center Andrews Air Force Base**

- Breastfeeding help:  
240-857-5379
- Breastfeeding classes:  
240-857-2979
- Lactation Consultant:  
240-857-3297

## **Mercy Hospital**

- Prenatal Breastfeeding Classes:  
410-332-9604
- Warm Line:  
410-332-9060

## **St. Agnes Hospital**

- Breastfeeding class:  
410-368-2810
- Warm Line/return to work class:  
410-368-2624

## **University of Maryland Medical Center**

- Telephone/outpatient support:  
410-328-3512
- Prenatal Breastfeeding class:  
410-328-2944

## **Walter Reed National Military Medical Center Bethesda**

- Prenatal Breastfeeding class:  
1-866-628-9633
- Breastfeeding help:  
301-295-9959

Some of the Hospitals listed charge fees for services. Call for more information.

## Community Breastfeeding Resources

### Special Beginnings Birth and Women's Center

410-626-8982 | Arnold, MD

- Prenatal breastfeeding class and pumping class
- Breastfeeding Boutique, nursing supplies and pump rentals
- Lactation Consultant, free mini consult, fee for longer consults; call for hours

### Breastfeeding Resource Center

Serving Millersville and Glen Burnie

- Linda Dayton: 410-987-7756
- Pump rentals and sales, discount for WIC clients

### Independent Lactation Consultants

Fees vary for consultations, breastfeeding supplies, pump rentals and sales

- Kim Knight, RN, IBCLC:
  - 410-533-5343
  - [www.breastfeedingworks.com](http://www.breastfeedingworks.com),
  - Annapolis, Severna Park & Arnold
- Laurel Naff, RN, IBCLC:
  - 240-460-8664
  - [www.annapolisbreastfeedingcare.com](http://www.annapolisbreastfeedingcare.com)
- Kathleen Stahl, RN, IBCLC:
  - 443-458-8285
  - [www.annapolisbreastfeedingcare.com](http://www.annapolisbreastfeedingcare.com)

### La Leche League

[www.llofmd-de-dc.org](http://www.llofmd-de-dc.org)

- Monthly support meetings led by accredited leaders
- Free telephone help
- Annapolis:
  - Audrey: 410-757-5175
  - Gina: 443-534-2664

- Lara: 410-956-4451
- Sarah: 443-699-6122
- North County:
  - Barbara: 970-531-1232
  - Vivienne: 443-722-6292  
call or text

### National Women's Health Information Center

[www.4woman.gov/breastfeeding](http://www.4woman.gov/breastfeeding)

Helpline/Publications:

1-800-994-WOMAN (9662)

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### Breastfeeding Websites

- Maryland Breastfeeding Coalition  
[www.mdbfc.org](http://www.mdbfc.org)
- Maryland WIC Program  
[www.mdwic.org](http://www.mdwic.org)
- Office on Women's Health  
[www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)  
[www.womenshealth.gov/itsonlynatural](http://www.womenshealth.gov/itsonlynatural)

