

**Prenatal Education & Classes**

**Ready, Set, Baby:** Offers free weekly virtual breastfeeding classes in English and Spanish

* <https://sph.unc.edu/cgbi/ready-set-baby-live-online-classes/>

**Emerald Doulas:** Offers a variety of childbirth and parenting classes

* <https://www.emeralddoulas.com/> | 919.864.8361 | info@emeralddoulas.com

**Doulas of Raleigh:** Offers a Newborn Care Basics class and postpartum lactation support

* <https://www.doulasofraleigh.com/> | 919.424.6068

**Triangle Lactation:** Ann Smith offers individual virtual breastfeeding preparation sessions

* <https://trianglelactation.com/> | 919.389.1599

**Carolina Birth and Wellness:** Offers a variety of childbirth and parenting classes

* <https://www.carolinabirthandwellness.com/> | 919.480.1423 | info@carolinabirthandwellness.com

**WakeMed, Duke, and UNC offer pregnancy and parenting classes. View classes and register at the links below.**

**Wake Med**

* <https://www.wakemed.org/care-and-services/womens/pregnancy-and-childbirth/support-for-new-parents/breastfeeding-support-group> | 919.350.8235 | chwilliams@wakemed.org

**UNC Rex**

* <https://www.rexhealth.com/rh/care-treatment/womens-health/maternity-services/classes/breastfeeding-classes-/> | 919.784.2145

**UNC Hospital**

* <https://www.uncmedicalcenter.org/uncmc/care-treatment/womens-health/pregnancy-birth-care/pregnancy-parenting-classes/> | 984.974.8882 | stork@unch.unc.edu

**Duke**

* <https://www.dukehealth.org/treatments/obstetrics-and-gynecology/prepare-for-baby#form> | 919.257.8543

**Support Groups:**

* **Nursing Mothers of Raleigh**: Free phone counseling and virtual support group. <https://www.nursingmothersofraleigh.org/>
* **WakeMed Support Group**: In-person, every Monday from 10am – 11:30am at WakeMed Corporate Center at Highwoods and every Wednesday from 3pm – 4:30pm at WakeMed Apex Healthplex. No registration needed. | 919.350.8235
* **La Leche League:** Meetings held in Cary, Raleigh, and Wake Forest.

<https://www.lllofnc.org/groups/wake/>

* **Emerald Doulas**: Pregnancy, new moms, moms of color, and LGBTQ+ new parents support groups.

<https://www.emeralddoulas.com/> | 919.864.8361

**Additional Resources:**

* [www.readysetbaby.com](http://www.readysetbaby.com) – Online breastfeeding guide
* [www.kellymom.com](http://www.kellymom.com) – Online evidence-based parenting and breastfeeding resource
* InfantRisk Center Helpline - (806) 352-2519
	+ The Infant Risk Center, headed by Dr. Thomas Hale (author of “Medications and Mothers’ Milk”), provides up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding.
	+ Hours: M-F, 8am-5pm CST

**Private Lactation Consultant Home Services:**

**Karissa Binkley**

[www.secondnaturelactation.com](http://www.secondnaturelactation.com)

919.961.9885

**Nature’s Nutrition:**

Kim Abshire, RN, IBCLC.

Lactation Consultation & scale rental in Wake Forest, NC.

919.971.8937 (office)

919.971.8937 (cell)

**Cheryl Patel, RN, LNC, IBCLC**

[www.breastfeedingrocks.org](http://www.breastfeedingrocks.org)

LacationConsultants@gmail.com

561.716.3405

**Beyond Birth Lactation** **Services:**

Leslie Stern, CNM, IBCLC.

Lactation Consultation, pump and scale rentals. | 919.381.8781.

www**.**Leslie@beyondbirthlactation.com (Durham)