

BREASTFEEDING SUPPORT & RESOURCES

Mid-Michigan District
HEALTH DEPARTMENT

CLINTON • GRATIOT • MONTCALM

Breastmilk... Every Ounce Counts

CONTACT A PEER

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Clinton office: (989) 227-3137

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Montcalm Office: (989) 831-3625

Clinic Hours

Monday—Friday:

8 am to 4:30 pm

After-Hours Services by call

(989) 831-3668

Monday—Friday:

7 am to 8 am & 4:30 pm to 9 pm

Weekends & Holidays:

7 am to 9 pm



SCAN OR VISIT THE BREASTFEEDING SUPPORT PAGE
WWW.MMDHD.ORG/BREASTFEEDING

Meet your PC!



Alex

Has breastfed 3 children



Cassie

Has breastfed 4 children

Peer counselors go through special training that helps them go beyond their own experiences to give mothers breastfeeding help and advice.

Studies have shown that mothers who talk to a peer counselor during pregnancy are more likely to breastfeed.

WHAT ARE PEER COUNSELORS?

Peer Counselors:

- Serve as role models
- Provide breastfeeding information and support
- Offer after hours breastfeeding support
- Provide referrals

PEER COUNSELORS AT MMDHD:

- Meet one-on-one with individuals in the WIC clinic
- Offer breast pump instruction
- Provide community and in-office breastfeeding support
- Make referrals when extra support is needed

ADDITIONAL RESOURCES

National Breastfeeding Hotline:
800-994-9662

La Leche League Lansing:
517-321-1818
WWW.LALECHELEAGUE.ORG/RESOURCES

www.kellymom.com

Gratiot County Breastfeeding Coalition:
gcbreastfeedingcoalition.com

**WIC does not promote or recommend products shown in advertisements/pop-up on these webpages*

Certified Lactation Specialists (CLS) or International Board Certified Lactation Consultants (IBCLC) are on staff and your Peer Counselor can make a referral as needed.



MID-MICHIGAN
DISTRICT HEALTH
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