

## Norfolk Community Breastfeeding Resources



Support: One-on-One or Group	Group/Service	Phone	Email/website
Lactation Consultants/Counselors	Faith Regional Health Services <ul style="list-style-type: none"> <li>Joan Mozer RN IBCLC</li> </ul> Midtown Health Center  Kori King RN CLC	402- 644-7520 402-370-3661  402-371-8000  402-640-1553	<a href="http://frhs.org/our-services/directory/lactation-consulting-and-breastfeeding">http://frhs.org/our-services/directory/lactation-consulting-and-breastfeeding</a>  <a href="http://www.midtownhealthne.org">www.midtownhealthne.org</a>  <a href="mailto:koriking34@hotmail.com">koriking34@hotmail.com</a>
Breastfeeding Peer Counselors	WIC	402-844-4422	<a href="http://www.nencap.org/wic.cfm">http://www.nencap.org/wic.cfm</a>
Breastfeeding Support Group	Faith Regional Breastfeeding Support Group Every Wednesday, 10:30 - 11:30 a.m.  Faith Regional Breastfeeding Support Facebook Group	402- 644-7520	<a href="http://frhs.org/our-services/directory/lactation-consulting-and-breastfeeding">http://frhs.org/our-services/directory/lactation-consulting-and-breastfeeding</a>  <a href="https://www.facebook.com/groups/faithregionalbreastfeedingsupport/">https://www.facebook.com/groups/faithregionalbreastfeedingsupport/</a>
New Moms Support Group	Mom's Milk & More Every Fourth Thursday Evening Location: Natural Littles	402-370-5770	<a href="http://www.naturallittles.com/pages/events-classes">http://www.naturallittles.com/pages/events-classes</a>
Doulas	Amazing Mama Doula  Nurture & Bloom Birth Services	402-841-1921  402-929-0850	<a href="https://www.facebook.com/AmazingMamaDoula">https://www.facebook.com/AmazingMamaDoula</a>  <a href="http://www.nurtureandbloom.com">www.nurtureandbloom.com</a>
Classes	Group/Service	Phone	Email/website
Prenatal Breastfeeding Classes	Faith Regional Health Services	402- 644-7347	<a href="http://frhs.org/classes-and-events/breastfeeding-class#showdates">http://frhs.org/classes-and-events/breastfeeding-class#showdates</a>

Pump Suppliers	Group/Service	Phone	Email/website
Local breast pump sales	Pill Box Pharmacy	402-844-8299	<a href="http://frhs.org/our-services/directory/pill-box-pharmacy">http://frhs.org/our-services/directory/pill-box-pharmacy</a>
	AHP-MHR Home Care	402-371-0255	<a href="http://www.ahom.com">www.ahom.com</a>
Local breast pump rentals	Pill Box Pharmacy	402 -844-8299	<a href="http://frhs.org/our-services/directory/pill-box-pharmacy">http://frhs.org/our-services/directory/pill-box-pharmacy</a>
Resource Materials	Books	Phone	Email/website
Medications in breastmilk Reference books	Medications in Mother's Milk by T. Hale Drugs in Pregnancy and Lactation by Briggs, Freeman & Yaffee Non-prescription Medications for the Breastfeeding Mother by Nice		
Medications in breastmilk Websites	National Library of Medicine <a href="http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT">http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT</a>	Safe Fetus <a href="http://www.safefetus.com/">http://www.safefetus.com/</a>	Infant Risk Center <a href="http://www.infantrisk.org/">http://www.infantrisk.org/</a>

Practices (Primary Care, Obstetrics, Pediatrics)	Physician	Address	Phone/Website
Midlands OB/GYN	Dr Mark Davis	301 N. 31st Street	402-644-4600
	Maribeth Bobeldyke, APRN	Norfolk, NE 68701	<a href="http://www.midlandsobgyn.com">www.midlandsobgyn.com</a>
Midtown Health Center	Raymond Heller MD	302 W Philip Ave	402-371-8000
	Kelsi Krienert, APRN	Norfolk NE 68701	<a href="http://www.midtownhealthne.org">www.midtownhealthne.org</a>
	Jenna Witt, APRN		
	Mary Smith, OB/GYN APRN		
	Heather Mosley, APRN		

	Michaela Small, APRN		
Heartland Pediatrics	Daniel Blomenberg MD Leon Gebhardt MD Erin Pierce MD	301 North 27th St. Norfolk, NE 68701	402-844-8021 or 1-800-357-5213 <a href="http://www.norfolkmedicalgroup.com/pediatrics.html">www.norfolkmedicalgroup.com/pediatrics.html</a>
Norfolk Medical Group/Norfolk Family Care	David P. Lux MD Bryon Hirschman MD Andrew (Sam) Lear, PA-C Rachel Prinz, PA-C Kathy Effle-Meyer, APRN	301 North 27th St. Norfolk, NE 68701	402- 844-8016 or 1-800-357-5213 <a href="http://www.norfolkmedicalgroup.com">www.norfolkmedicalgroup.com</a>
Women's Health Of Northeast	James Albin MD Renee Albin MD	2504 W Benjamin Ave Norfolk NE 68701	402-379-9999
Midwest Health Partners Family Medicine	Nicole Henn PA Nicole Henn APRN Giuseppe Zavadzkas MD Brett Loseke PA Clint Whitwer PA	1410 North 13th Street Norfolk, NE 68701	402-371-0123 <a href="http://www.mwhp.com">www.mwhp.com</a>
Midwest Ob/Gyn (Midwest Health Partners)	Keith Vrbicky MD Dr Robert Faulk (Radiologist) Julie Schlomer APRN	1410 North 13th St. Norfolk, NE 68701	402-379-2322 <a href="http://www.mwhp.com">www.mwhp.com</a>