A Resource Guide for Breastfeeding Moms in the Des Moines Metro Area

♦ Hospital Based Lactation Consultants/Support Groups

**Mercy Medical Center**
515-358-2082  
www.mercydesmoines.org

Support Group meets twice per month:  
2nd and 4th Tuesday, 11am-12pm  
East Tower Conference Center

**UnityPoint Health -Des Moines**
515-241-6570  
www.iowahealth.org/lactation-services

Support groups meets every Wednesday  
*Daytime support group:* 1pm-2pm  
Iowa Lutheran Hospital  
Conference Room 1, first floor
*Evening support group:* 6pm-7pm  
Methodist West Hospital  
Maternity Center Conference Room

♦ Additional Support Groups

**Bright Clare Mums**
www.brightclaremums.com

Breastfeeding help open hours are every first and fourth Friday evening from 6-7p.  
Village Learning Centre  
733 19th, Des Moines.

**La Leche League of Des Moines**
Des Moines Metro Area  
http://www.llusa.org/web/DesMoinesIA.html

LLL of DSM has several different groups that meet each month. Please see their website for more information.

♦ Private Practice Lactation Consultant/Support Groups

**Basking Babies, LLC**
515-210-1868  
www.basking-babies.com

Support group meets monthly:  
Last Wednesday of the month  
12:30pm-2:00pm  
Altoona Library

*Baby scale available at all of the above.*

♦ Additional Online Resources

- www.iabreastfeeding.org  
- www.breastfeedinginc.ca  
- www.womenshealth.gov/breastfeeding  
- www.infantrisk.com  
- www.kellymom.com  
- www.babygooroo.com  
- www.breastfeedingusa.org  
- www.lalecheleague.org  
- www.askdrsears.com  
- www.familyfriendlybusinessinitiative.com
Other Services

Broadlawns Family Birthing Center
515-282-2260
www.broadlawns.org

Young Women’s Resource Center
515-244-4901
www.ywrc.com

Visiting Nurse Services
Breastfeeding home visits for clients who currently have Medicaid (Title 19), are uninsured, or under-insured.
Contact VNS’s Maternal Child Health intake department
515-558-9946
www.vnsdm.org

WIC (Women, Infants, & Children)
WIC is a supplemental nutrition program for babies, children under the age of 5, pregnant women, breastfeeding women, and women who have had a baby in the last 6 months.
515-282-5800 (Polk County)

Other Local Parenting Support Groups

Postpartum Support at Bearth
www.beforeandafterthebirth.org
Classes meet on Tuesdays, 9am-11am
Bearth Prenatal/Postpartum Center, 2614 Beaver Ave., Des Moines
($5/Class, or $25 for unlimited classes)

Attachment Parenting International of Central Iowa
515-276-6971
http://www.attachmentparenting.org
Holds day and evening support groups on the second and fourth Tuesdays
*Daytime Group: Fourth Tuesday, 10am, Tifereth Israel Synagogue, 924 Polk Blvd., Des Moines
*Evening Group: Second Tuesday, 7pm, Village Learning Centre, 733 19th St., Des Moines

This information brought to you by: Breastfeeding Coalition of Polk County

Breastfeed Today for a Healthy Tomorrow

The sole purpose of the above resource sheet is to provide information to the community.
Breastfeeding Coalition of Polk County is not responsible nor does it endorse any of the above provided resources.