

Community Breastfeeding Peer Support Groups

Real Conversations. Local Support.

You're Not Alone.

A welcoming space for parents to connect, share, and support one another — led by moms, supported by certified lactation professionals, and hosted by trusted community organizations across Clark County.

👉 Brought to You By:

Mercy Health – Springfield Regional Medical Center (SRMC)

Rocking Horse Community Health Center

Clark County Combined Health District

Women, Infants, and Children (WIC)

Start Strong

Southgate Branch – Clark County Public Library

Family & Youth Initiatives (FYI)

This is a community-led effort — held at multiple locations to meet you where you are.

***"It takes a village to raise a child."
And our village is here for you
— one latch, one conversation,
one mama at a time.***

Let's walk this journey together **Connect With Us**

For more information or to connect with a peer supporter, please reach out

📍 SRMC Lactation Help Line:
937-523-3923
SRMC-Childbirth-Education-Classes@mercy.com
Ohio Breastfeeding Hotline:
1-888-588-3423
Available 24/7 — Support offered in English, Spanish, and Haitian Creole



Breastfeeding Support Group

Peer to Peer Group Support
Sessions





About Us

This is a community-driven initiative to promote breastfeeding, reduce health disparities, and provide culturally inclusive care across Clark County. Whether you're just starting out or looking for continued support, these peer-led groups offer a warm, welcoming space to connect, learn, and thrive — together.



Our Values

Respect
for every individual's unique path

Hope
That everyone can achieve positive change

Empowerment
Through shared stories and mutual support

Self-awareness
To recognize and embrace personal growth

Our Support Programs Locations and Times



1. Mercy Health – Springfield Regional Medical Center (SRMC)

SRMC: 100 Medical Center Drive, Springfield, OH 45501

1st Wednesday of each month

11:30 AM – 12:30 PM

Childbirth-Education-Classes@mercy.com



2. Southgate Branch – Clark County Public Library

Southgate Branch: 1863 S Limestone St, Springfield, OH 45506

2nd Wednesday of each month

11:30 AM – 12:30 PM

Ktinklenberg@rockinghorsecenter.org



3. Family & Youth Initiatives (FYI)

FYI: 468 N Dayton-Lakeview Rd, New Carlisle, OH 45344

3rd Wednesday of each month

11:30 AM – 12:30 PM

Parenting@fyiohio.org



4. WIC – Springfield Office

WIC: 2685 E High St, Springfield, OH 45505

Last Tuesday of each month

11:30 AM – 12:30 PM

ihysing@ccchd.com

Why Join?

- **Peer-to-peer support led by real moms**
- **Tips for latching, milk supply, pumping, returning to work & more**
- **Free to attend — all feeding journeys welcome**
- **Babies and support people encouraged to join**
- **Bilingual support available (English & Haitian Creole)**

Peer Connect is About

- **Voluntary Participation**
Join at your own pace, whenever you feel ready.
- **Honesty and Openness**
A space to express your true self without judgment.
- **Strength-Focused Approach**
Building on each person's inner resilience.