

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

Empowerment

Through shared stories and mutual support

Hope

That everyone can achieve positive change

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 & 2nd Wednesday of each month

11:30 AM – 12:30 PM

Childbirth-Education-Classes@mercy.com



2. 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



3. 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

Facebook Support Group



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.