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
2nd Wednesday of each month
11:30 AM – 12:30 PM
Childbirth-Education-Classes@mercy.com

3. WIC – Springfield Office

WIC: 2685 E High St, Springfield, OH 45505
Last Tuesday of each month
11:30 AM – 12:30 PM
breastfeeding@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.