

Guam Breastfeeding Resources



Guam Mamas Breastfeeding Support

Facebook group for breastfeeding peer support. Created and monitored by lactation professionals. www.facebook.com/GuamMamas



La Leche League of Guam

Free meetings every second Thursday of the month from 10am-12pm (check social media for location). One-on-one support any time from Leaders Nicolle Heisserer and Sarah Summerville by messaging via Facebook @LLLofGuam or Instagram @LLLofGuam



Naval Hospital Guam

LCDR Julie Cunningham, RNC, IBCLC
Provides support to anyone, regardless of military or civilian affiliation.
671-483-4195 | W.KD.WTCH@HOTMAIL.COM



Navy Marine Corps Relief Society

Erica Buckley RN, BSN
Offers free and confidential home visits to all active duty, retirees, and their families. Provides support groups, health education, breastfeeding support and more.
Cell & WhatsApp: 671-689-9950 | erica.buckley@nmcrs.org



Nurse Barb & Opottunadat

Barbara Mafnas, DNP, MSN/Ed. RN, IBCLC
Offers breastfeeding classes and individual help by appointment.
Call or WhatsApp 671-487-2775 or 671-777-6526



Take Care Insurance Company, Inc.

Giana Santos, AFPA-CNWC | Health Educator & Nutrition Counselor
Beneficiaries can self-refer for breastfeeding information and support.
(671) 646-6956 ext. 7180 | giana.santos@takecareasia.com



University of Guam-Children's Healthy Living Network

Maintains a compilation of island breastfeeding support groups, lactation consultants, and other breastfeeding resources.
<https://www.uog.edu/landgrant/topic-of-interest/maternity-and-breastfeeding>



WIC Guam

Breastfeeding support services and classes available for WIC clients.
Peer counselor office: 671-475-0112 | Hotline: 671-488-5171
Instagram and Facebook: @GuamWICprogram

Online Breastfeeding Resources

	All About Breastfeeding Online breastfeeding class by IBCLC Lori Isenstadt https://www.AAbreastfeeding.com
	Birth & Beyond by Global Health Media Free app featuring videos about birth, breastfeeding, and infant feeding and care https://www.globalbreastfeedingcollective.org/global-health-media-videos
	CHAMPS National Grant program offering breastfeeding support to communities via breastfeeding information and training https://cheerequity.org/champsnational/
	Drugs and Lactation Database (LactMed) Medication and breastfeeding compatibility index by the National Institute of Health https://www.ncbi.nlm.nih.gov/books/NBK501922/
	International Breastfeeding Centre Videos, information, and virtual consults by Dr. Jack Newman https://ibconline.ca/
	KellyMom Evidence-based articles offering breastfeeding information by IBCLC Kelly Bonyata https://kellymom.com/
	Lactation Education Resources Free breastfeeding printables in multiple languages https://www.lactationtraining.com/resources/handouts-parents
	La Leche League International Answers to frequently asked questions, peer stories https://llli.org
	Breastfeeding Solutions Articles, training, and other digital tools by IBCLC Nancy Mohrbacher https://nancymohrbacher.com/
	Oklahoma Breastfeeding Resource Center Free breastfeeding hotline: call 1-877-271-MILK(6455) or text 'OK2BF' to 61222 https://obrc.ouhsc.edu/