



## Free Peer Support Group



Shortly after MilkWorks opened in 2001, the complex interconnection between breastfeeding and maternal mental health became apparent. Several national reports and research studies have shown that postpartum depression may reduce rates of breastfeeding. Conversely, not engaging in breastfeeding (or perceiving failure with breastfeeding) may increase the risk of postpartum depression. Because of the interweaving of breastfeeding and postpartum depression, MilkWorks has found that while our clients initially reach out for lactation support, many if not most are also dealing with the more complex mental health challenges associated with childbirth.

Mom Talk is lead by a MilkWorks Breastfeeding Educator and is a safe place for new moms to land. There are opportunities to weigh their babies, discuss the ups and downs of parenthood, share information, and make new and meaningful friendships.

Weekly groups meet on Tuesdays at both our Lincoln and Omaha locations from 9:30-11am. Everyone is welcome, and there is no fee to attend.

## Community Support at MilkWorks

MilkWorks offers a free breastfeeding supply center at each location. Families can find gently used and new nursing bras, pumping bras, breast pump parts, and more! These items are available at no cost upon request. Donations are welcome.

Our mission is to create a healthier community by empowering families to reach their breastfeeding goals. MilkWorks provides clinical lactation consultations as well as a variety of free resources and services at our two locations in Lincoln and Omaha. Virtual classes and telehealth appointments are available to accommodate the needs of each family.



## Website & Information Center Update

*We recently updated the navigation on our website! If you currently have hyperlinks on your website with our information, please take a moment to ensure they are still working.*



Christi Schill  
RN, BSN, IBCLC

# Our Clinic Team

Lactation consultations are a covered service with most insurance plans and Nebraska Medicaid. Appointments are available six days a week - please call to schedule.



Anne Easterday  
BA, IBCLC



Miriam Heider  
BA, IBCLC



Michelle Jenkins  
RN, BSN, IBCLC



Kristi Lord  
RN, BSN, IBCLC



Suzy Meyers  
IBCLC



Jillian Vanecek  
RN, BSN, IBCLC

Dr Kathy Leeper  
MD, IBCLC, NABBLM-C



Michelle Lingenfelter  
APRN, IBCLC



Karnyta White  
APRN-WHNP, BC, IBCLC



## Advanced Providers

MilkWorks Advanced Providers accept referrals for parents and babies dealing with breastfeeding issues including but not limited to tongue ties, prematurity, food sensitivities, nipple blebs, and mastitis.



## Help Us Celebrate World Breastfeeding Week August 1-7

Breastfeeding can act as an equalizer in our society and efforts must be made to ensure everyone has access to breastfeeding support and opportunities. It is essential that no-one is left behind especially vulnerable mothers who may need additional support to reduce breastfeeding inequalities.

## Pump Access Program



The MilkWorks Pump Access Program aims to increase the availability of personal use breast pumps for families. By partnering with MilkWorks, community organizations are able to directly distribute personal use breast pumps to the families they serve. By removing barriers for families who may not be able to easily obtain a breast pump before or after the birth of their child, we can improve breastfeeding support and the health of our community.

MilkWorks Partner Organizations include: Beatrice Community Hospital, Carl T. Curtis Health Center, Children's Hospital & Medical Center, Douglas County Health Department WIC, El Centro de la Americas, Grand Island Medical Center, Indian Health Services, Mary Lanning Healthcare, Nebraska Medicine, and One World Community Health Center.

### Lincoln

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