

Community and Internet Resources

LLL groups, lactation consultants, health department programs offering food stamps or assistance for families of lower socioeconomic status, postpartum support groups including those for postpartum depression; physio-therapy programs/practitioners, medical and/or alternative practitioners.

Midwife (Call for any questions or concerns)

Rebekah Teel – 815-441-9147

Postpartum Doula (Hire for help with light household duties, postpartum parent, and baby care)

DONA.org, doulamatch.net, findadoula.org, hellomeela.com

Lactation Consultant (Contact for issues with feeding, breast/chest, or nipple pain)

Central Alabama Lactation Services (East Alabama consultants Amanda, Andrea, Jennifer, and Kasey)

<https://centralalabamalactation.as.me/schedule.php>

Breast/chestfeeding Support Group

Hosted by Central Alabama Lactation Services the 1st Friday of every month from 10am -12pm at The Vine Chiropractic in Oxford.

Chiropractors

Family Chiropractic – Dr. Michael Lambert (256) 835-7008

The Vine Chiropractic – Dr. Ryan Parrish (256) 624-6065

Postpartum Depression Support Group

www.postpartum.net

Counseling Services

www.brightside.com,

Grocery Stores that Deliver

ALDI, Walmart, Target, Walgreens, more with Instacart and ubereats

Restaurants that Deliver

Chic-Fil-A, Buffalo Wild Wings, Panera, Dominos, Applebee's, Jimmy Johns, and many others through grubhub, ubereats, and doordash.

Health Department (For food stamps and other assistance)

Talladega County - 1004 South Street E. Talladega, Alabama 35160 Office: (256) 362-2593 Clinic Phone: 256-362-2593

Calhoun County - 3400 McClellan Blvd. Anniston, Alabama 36201 Office: (256) 237-7523 Clinic Phone: (256) 237-7523

Pelvic Floor Therapist

Nesin Physical Therapy – 809 Shoney Drive, Suite 105 Huntsville, AL 35801 Phone: (256) 425-0300

<https://nesintherapy.com/>

Magic City Physical Therapy – 3075 John Hawkins Parkway, Suite O Hoover, AL 35244 Phone: (205) 202-0874

<https://magiccitypt.com/>