

# Gainesville, Florida Breastfeeding Resource List

## Breastfeeding Medicine Clinics (*tongue tie procedures, prescriptions, breastfeeding support*)

**Mary C Ryngaert, ARNP IBCLC, Erica Noegel, ARNP IBCLC, Sara B. Copeland, ARNP, IBCLC**  
UF Health Pediatrics: multiple locations (Gerold L. Schiebler CMS Center, Magnolia Parke, and Tioga)  
Phone: (352) 334-0206 - <https://m.ufhealth.org/uf-health-pediatrics/breastfeeding>

## Lactation Consultants (*breastfeeding support*)

**Heidi Agostinho, PhD, IBCLC** 352-681-4850 home visits, virtual visits, phone help, breastfeeding classes and more. (Habla Español) <https://www.foundationforbreastfeeding.com/>

**Angela Daniel, MSSW, CD, CLC** - Phone: 352-477-2139 - [www.familycenteredbirthservices.com](http://www.familycenteredbirthservices.com)

**Tricia Eibl, IBCLC** - Phone: 630-329-6643 Email: [tricia@triciaelbibcl.com](mailto:tricia@triciaelbibcl.com) [www.triciaelbibcl.com](http://www.triciaelbibcl.com)

**Healthy Start of North Central Florida** Phone: 1 (877) 678-9355 - [www.healthystartncf.org](http://www.healthystartncf.org)  
*Care coordinators (CLCs) offer breastfeeding education and support in all North Central Florida counties*

**(WIC) Alachua Women Infants and Children Program** - Phone: (352) 225-4343

## Pediatric Dentists (*tongue/lip tie laser revisions*)

**Dr. Kristen Dreyer, DMD** (Gainesville) - Phone: 352-335-7777- [www.kidsonlydentalplace.com](http://www.kidsonlydentalplace.com)

**Dr. Gary Myers, DMD** (Middleburg) - Phone: 904-505-2010 – [www.tooth2tooth.com](http://www.tooth2tooth.com)

**Dr. Frank Sierra, DMD** (Tampa) - Phone: 813-889-0780 - [www.sierradmd.com](http://www.sierradmd.com)

## Speech/Occupational Therapists

**Sharon Ascher, MA, CCC-SLP** - Phone: 352-283-2509 - [www.gainesvillespeech.com](http://www.gainesvillespeech.com)

**Catherine Kadechka, MA, CCC-SLP** Phone: 352-340-1113 - [www.myogaspeech.com](http://www.myogaspeech.com)

**UF Health Rehab Center: Magnolia Parke** - Phone: 352-265-5200

**Early Steps** - Phone: 352-273-8555 - [www.myearlysteps.com](http://www.myearlysteps.com)

## Bodywork Practitioners – Cranial Sacral Therapists

**Marita Guilderson, CST, LMT** (High Springs) - Phone: 352-226-2808 - Email: [Roddimarita@gmail.com](mailto:Roddimarita@gmail.com)

**Anne Wister, CST, LMT** (Tampa) - Phone: 727-251-2324 - [www.iahp.com/annewister](http://www.iahp.com/annewister)

## Bodywork Practitioners – Chiropractic

**Awaken Chiropractic** - Drs. Shane and Brittany Semegon - [www.awakenmyhealth.com](http://www.awakenmyhealth.com)  
Phone: (352) 448-1402 – Address: 5200 NW 43rd Street, Suite 507 Gainesville, FL 32606

**Back in Balance** - Dr. Kristin Shiver, Dr. Annabelle Mac Auley - [www.backinbalancegainesville.com](http://www.backinbalancegainesville.com)  
Phone: 352-271-1211 - Address: 507 NW 60th Street, Gainesville, FL 32607

## Breastfeeding Support Groups

**La Leche League of Gainesville** Virtual and Outdoor Meetings, Phone/Online Support, Lending Library  
Leaders: Justine, Rachel, Tricia Phone: (352) 507-5530 Email: gainesvillellleader@gmail.com  
Website: [www.lllgville.com](http://www.lllgville.com) Facebook: [www.facebook.com/LLLofGvilleFL](http://www.facebook.com/LLLofGvilleFL) Instagram: [@lllgainesville](https://www.instagram.com/lllgainesville)

**North Florida Regional Medical Center New Mom Virtual Luncheon** Tuesdays, 11:30am - 2:00pm  
(Babies 2-12 weeks, no siblings) Phone: 1-800-611-6913

**Breastfeeding USA North Central Florida** Phone: 352-247-2333 [www.facebook.com/BFUSANCF](http://www.facebook.com/BFUSANCF)  
Sarah - sarah.graham@breastfeedingusa.org, Stormy - stormy.miller@breastfeedingusa.org

**ROSE Breastfeeding Club** - [www.facebook.com/blackmomsbreastfeedgainesville](http://www.facebook.com/blackmomsbreastfeedgainesville)

## Breastfeeding and Baby Supplies

**Especially for Women** - Phone: (352) 332-9095 - *breast pumps rentals and for purchase*

**The Gift Stop at UF Health Shands Children's Hospital** - Phone: (325) 265-0121 - *breast pump rental*

**Lori's Gifts at North Florida Regional Medical Center** - Phone: (352) 333-4068 - *breast pump rental*

## Facebook Support Groups

- Gainesville Tongue Tie Group - [www.facebook.com/groups/GainesvilleTongueTie](http://www.facebook.com/groups/GainesvilleTongueTie)
- La Leche League of Gainesville Group - [www.facebook.com/groups/LLLofGvilleFL](http://www.facebook.com/groups/LLLofGvilleFL)
- North Florida Tongue Tie Group - [www.facebook.com/groups/tonguetiesupportofnorthflorida](http://www.facebook.com/groups/tonguetiesupportofnorthflorida)
- Tongue Tie Babies Group - [www.facebook.com/groups/tonguetiebabies](http://www.facebook.com/groups/tonguetiebabies)

## Online Resources

- **General Breastfeeding Information**
  - La Leche League - <https://www.llli.org>
  - Kelly Mom - [www.kellymom.com](http://www.kellymom.com)
  - Dr. Jack Newman - <https://ibconline.ca/> (Click on *Info and Videos*)
  - Nancy Mohrbacher - [www.nancymohrbacher.com](http://www.nancymohrbacher.com)
- **Medication and breastmilk**
  - Lactmed - [www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)
  - Infant Risk - [www.infantrisk.com/categories/breastfeeding](http://www.infantrisk.com/categories/breastfeeding)
- **Tongue and Lip Tie Information**
  - Dr. Ghaheri - [www.drghaheri.com](http://www.drghaheri.com)
  - Tongue Ties Baby Support Group - [www.ttbsq.weebly.com](http://www.ttbsq.weebly.com)
  - Dr. Kotlow - [www.kiddsteeth.com/breastfeeding.php](http://www.kiddsteeth.com/breastfeeding.php)
  - Dr. Baxter - [www.tonguetieal.com](http://www.tonguetieal.com)
  - Michelle Emanuel, TummyTime Method - [www.youtube.com/user/MichelleE110/](https://www.youtube.com/user/MichelleE110/)