



Community Breastfeeding Resources

Thank you for trusting us with your care... Tripler Army Medical Center
Lactation Office 808-433-3732

MILITARY FAMILY OUTPATIENT LACTATION CLINICS

Appointment required

***Outpatient Lactation Appointments, Classes & Groups are available to ALL DEERS eligible patients. Priority is AD, Prime, Select, Direct. Call for an appointment today!**

Outpatient Tripler Lactation Clinic: Monday, Wednesday, Friday

Call Tripler OB Clinic 808-433-2778 Option 3, 7, 1

TAMC OB Clinic Location: Tripler OB Clinic, Mountain Side, 4M

Outpatient Schofield Lactation Clinic: Monday

Schedule appointments M-F from 7:30 am to 3:15 pm

Call Schofield Clinic direct 808-433-8131 OR

Call Tripler OB Clinic 808-433-2778 Option 3, 7, 4

OB Clinic Location: Schofield Barracks, Bldg. 683, Clinic G

Outpatient Warrior Ohana Lactation Clinic: Thursday

Schedule appointments M-F from 8 am to 4 pm by calling Warrior Ohana

Call Warrior Ohana Clinic direct 808-433-5420, option 1

Appointment Location: 91-1010 Shangrila Street, Kapolei (plenty of parking)

***Call the Lactation Office 808-433-3732 and leave your call back information if you are unable to book an appointment**

MILITARY MOMS & BREASTFEEDING SUPPORT GROUPS

No sign up required for groups, Closed on Federal Holidays

AMR Aliamanu Community Center: Fridays 10-1145 am

Location: 182 Kauhini Road, Honolulu 808-275-3850

Facebook: AMR Families & Breastfeeders of Oahu

Schofield Porter Community Center: Mondays 10-1145 am

Location: 1301 McCornack Road, Wahiawa 808-275-3770

Facebook: Lactation Support Group-Schofield Area & Breastfeeders of Oahu

New Parent Support Program MCBH Kaneohe: Thursdays @ 1000

Breastfeeding Basics & Beyond for all moms and moms-to-be

Location: MCBH CAARE Center (Bldg 216) 808-257-8803

Facebook: KBay NPSP Ohana

Mothers Support Group MCBH Kaneohe: Thursdays 10 am-12 pm

Support for breastfeeding and non-breastfeeding moms and children

Location: MCBH Kaneohe Chapel, Toddler Room

Facebook: MCBH Breastfeeding Support Group

MILITARY FAMILY BREASTFEEDING CLASSES

Appointment required

Schedule appointments M-F from 7:30 am to 3:15 pm by calling

Tripler OB Clinic @ 808-433-2778, option 3, 7 then 1

Tripler: 2nd & 4th Monday (5-6:30 pm)

Location: Tripler, 10th Floor Conference Room

Schofield Barracks: 1st & 3rd Monday (5-6:30 pm)

Location: Schofield Barracks Clinic, Bldg 691, Conference Room ZZ

TRICARE BREAST PUMPS & SUPPLIES

TENS UNLIMITED INC.

Local Rep: Jeazel 808-436-8461 Fax: 808-200-0391

3049 Ualena St, Suite 404, Honolulu, HI

www.tensunlimited.com, Monday-Friday 8 am-6 pm

CalMed Hawaii

808-691-9973, 99-061 Koaha Way, Aiea, HI 96701

Calmedhawaii.com, Monday-Friday 9 am-5 pm

BREASTFEEDING WEBSITES

kellymom: www.kellymom.com

Stanford University

[www.med.stanford.edu/newborns/professional-](http://www.med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html)

[education/breastfeeding/hand-expressing-milk.html](http://www.med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html)

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.html>

Office of Women's Health – Breastfeeding Education

www.womenshealth.gov/breastfeeding

La Leche League International: www.llli.org

American Academy of Pediatrics: www.healthychildren.org

Center for Disease Control (CDC):

www.cdc.gov/breastfeeding/index.htm

Mothering Multiples: www.karengromada.com

BREASTFEEDING FACEBOOK GROUPS

Breastfeeders of Oahu

www.facebook.com/groups/breastfeedersofoahu/

Multiples of Hawaii – (Parents of multiples)

www.facebook.com/groups/alohamothersofmultiples

Babywearing International of Oahu

www.facebook.com/groups/bwiofoahu/

NEW PARENT SUPPORT PROGRAM

Play mornings, parenting & infant massage classes, hospital grade pumps

Army: Schofield Barracks: 808-655-4227

FT Shafter: 808-438-4227

Joint Base Pearl Harbor-Hickam: 808-474-1999

Marine Corps: 808-257-8803

CIVILIAN BREASTFEEDING SUPPORT & GROUPS

Castle Medical Center: Mommy & Me Hui BFSG: 808-263-5400

Twice a month, call for dates and times

Women, Infants and Children (WIC): 808-586-8175

Lactation educators, breast pump loaners, counseling, classes