Southern Maryland/Military Resource list

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| Resource | Name | Website/Email | Phone | Facebook |
| Birth Centers | Special Beginnings-offering midwives, IBCLC’s, water birth, and a variety of classes | www.speciabeginnings.org | 410-626-8982 |  |
|  | Birth Care and Women’s Health-offering CNM for in home and in center birth | www.birthcare.org | 703-549-5070 |  |
|  | Bay Area Midwifery Center-offering CNM’s, and OB-Gyn and a birth center with hospital-like options | [www.my](http://www.myand)aamg.org | 443-481-4400 |  |
| Breast Feeding | LaLeche League-support group for nursing mothers | www.lllofmd-de-dc.org | There are multiple locations, use the map to find the active group nearest you. | https://www.facebook.com/LLLofSOMD/?fref=nf |
|  | WIC-offering nutritional support and breastfeeding support to pregnant and new mothers | www.mdwic.org | 800-242-4942 |  |
|  | Joint Base Andrews WIC office- | <http://www.fns.usda.gov/wic/> | (240) 857-9680 |  |
| Urgent Care | Poison Control | www.mdpoison.com | 800-222-1222 | https://www.facebook.com/MarylandPoisonCenter/?fref=ts |
| Resource | Name | Website/email | Phone | Facebook |
| Urgent Care | Dunkirk Urgent Care |  | 410-286-7911 |  |
|  | Prince Frederick Urgent Care |  | 410-535-8911 |  |
|  | Solomons Urgent Care |  | 410-394-2800 |  |
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