

Philadelphia FREE Breastfeeding Support

**Walk-ins are available for the following list of Breastfeeding Support.
However, we encourage you to call to make an appointment because the lactation consultant or counselor may be working with another family at the time you arrive.**

Mondays, August - December 2015

Agency	Address	Type of Breastfeeding Support	Times	Contact
Congreso	216 West Somerset St. (19133)	One-on-One Breastfeeding support *available in English & Spanish	<i>Every Monday 8:30 to 5pm</i>	Ana Tapia 215-763-8870 ext: 1309
Health Center #5	1900 North 20 th Street (19121)	One-on-One Breastfeeding support	<i>Every Monday 8:30 to 12noon</i>	Marlene Gawarkiewicz 267-226-4884
Health Center #4	4400 Haverford Ave (19104)	One-on-One Breastfeeding support	<i>Every Monday 1pm to 4pm</i>	Marlene Gawarkiewicz 267-226-4884
WIC- Germantown	301 East Cheltenham Ave. Suite 102 (19144)	One-on-One Breastfeeding Peer Counselor	<i>Every Monday 8am to 4pm</i>	Ernestine Easley 215-248-1500 or 215-248-1501
WIC- Northeast	7959 Bustleton Avenue (19152)	One-on-One Breastfeeding Peer Counselor	<i>Every Monday 8am to 4pm</i>	Ophelia Oduro 215-745-7251 or 215-745-7252
WIC-Lehigh	1300 West Lehigh Avenue Suite 104 (19132)	On the phone Breastfeeding Support	<i>Monday- Friday 9:30 to 4pm</i>	Lisa Volpe 215-978-6100 ext 22 Or 215-913-9199

Tuesdays, August - December 2015

Agency	Address	Type of Breastfeeding Support	Times	Contact
Health Center #6	301 West Girard Avenue (19123)	One-on-One Breastfeeding Support *available in English & Spanish	<i>Every Tuesday 8am to 11:30am</i>	Ana Tapia 215-685-3803
Thomas Jefferson University Hospital	833 Chestnut Street 3 rd floor (19107)	Support Group	<i>Every Tuesday 12noon to 1pm</i>	Helen Carter-Costa 215-955-6713
WIC- Aramingo Office	2401 East Tioga Street, A-4 (19134)	One-on-One Breastfeeding Peer Counselor	<i>Every other Tuesday 8am to 4pm</i> Please call for specific dates	Jennifer Arias 215-533-9597 or 215-533-9598
WIC- South Philadelphia Office	1165 South Broad Street, (19146)	One-on-One Breastfeeding Peer Counselor	<i>Every Other Tuesday 8am to 4pm</i> Please call for specific dates	Isha Craig 215-463-5571 or 215-463-5579
WIC – Overbrook	Overbrook Plaza, Store #1400 5610 Lancaster Ave (19131)	One-on-One Breastfeeding Peer Counselor	<i>Every Other Tuesday 8am to 4pm</i> Please call for specific dates	Isha Craig 215-477-3360 or 215-477-3364
WIC- Kensington/ Allegheny Office	1825-31 East Hilton Street (19134)	One-on-One Breastfeeding Peer Counselor	<i>Every Other Tuesday 8am to 4pm</i> Please call for specific dates	Jennifer Arias 215-426-6801 or 215-426-6803
WIC- Woodland	1739 South 54 th Street (19143)	One-on-One Breastfeeding Peer Counselor	<i>Every Other Tuesday 8am to 4pm</i> Please call for specific dates	Isha Craig 215-726-1142 or 215-726-1143
WIC- Lehigh	217-33 West Lehigh Avenue, 2 nd floor (19133)	One-on-One Breastfeeding Peer Counselor	<i>Every Other Tuesday 8am to 4pm</i> Please call for specific dates	Jennifer Arias 215-634-8713 or 215-634-8714
WIC- Northeast	7959 Bustleton Avenue (19152)	One-on-One Breastfeeding Peer Counselor	<i>Monday- Friday 8am to 4pm</i>	Ophelia Oduro 215-745-7251 or 215-745-7252
WIC- Germantown	301 East Cheltenham Ave. Suite 102 (19144)	One-on-One Breastfeeding Peer Counselor	<i>Every Tuesday 8am to 4pm</i>	Ernestine Easley 215-248-1500 or 215-248-1501
WIC-Lehigh	1300 West Lehigh Avenue Suite 104 (19132)	On the phone Breastfeeding Support	<i>Monday- Friday 9:30 to 4pm</i>	Lisa Volpe 215-978-6100 ext 22 Or 215-913-9199
La Leche Philadelphia	at Essene Market, 719 S 4th Street, just south of Bainbridge St.	Support Group	Second Tuesday of the month at 10:30 a.m.	Marlene Gawarkiewicz 215-222-6332

Wednesdays, August - December 2015

Agency	Address	Type of Breastfeeding Support	Times	Contact
Strawberry Mansion Health Center	2840 West Dauphin Street (19132)	One-on-One Breastfeeding Support	<i>Every Wednesday 9:30 to 12noon</i>	Marlene Gawarkiewicz 267-226-4884
Lifecycle Womancare and The Birth Center	Studio 34 4522 Baltimore Avenue (19125)	Support Group	<i>Every Other Wednesday 10am to 12noon</i> August 5 th & 19 th , September 2 nd , 16 th , & 30 th , October 14 th and 28, November 11 th and 25 th , December 9 th and 23 rd	Patty Siegrist 610-525-6106
WIC- Aramingo Office	2401 East Tioga Street, A-4 (19134)	One-on-One Breastfeeding Peer Counselor	<i>Every Wednesday 8am to 4pm</i>	Jennifer Arias 215-533-9597 or 215-533-9598
WIC- Woodland	1739 South 54 th Street (19143)	One-on-One Breastfeeding Peer Counselor	<i>Every Wednesday 8am to 4pm</i>	Isha Craig 215-726-1142 or 215-726-1143
WIC- Olney/Logan	5751 North Broad Street (19141)	One-on-One Breastfeeding Peer Counselor	<i>Every Wednesday 8am to 4pm</i>	Ernistine Easley 215-927-1950 or 215-927-7165
WIC-Lehigh	1300 West Lehigh Avenue Suite 104 (19132)	On the phone Breastfeeding Support	<i>Monday- Friday 9:30 to 4pm</i>	Lisa Volpe 215-978-6100 ext 22 Or 215-913-9199
WIC- Northeast	7959 Bustleton Avenue (19152)	One-on-One Breastfeeding Peer Counselor	<i>Every Wednesday 8am to 4pm</i>	Ophelia Oduro 215-745-7251 or 215-745-7252

Thursdays, August - December 2015

Agency	Address	Type of Breastfeeding Support	Times	Contact
Health Center #9	131 East Cheltenham Avenue (19144)	One-on-One Breastfeeding help	<i>Every Thursday 8:30am to 12noon</i>	Marlene Gawarkiewicz 267-226-4884
Health Center #10	2230 Cottman Avenue (19149)	One-on-One Breastfeeding help *available in English & Spanish	<i>Every Thursday 8:30am to 11:30am</i>	Ana Tapia 215-685-0639
Health Center #10	2230 Cottman Avenue (19149)	Support Group *available in English & Spanish	<i>Every 3rd Thursday of the month 10am to 12noon</i>	Ana Tapia 215-685-0639
WIC- Olney/Logan	5751 North Broad Street (19141)	One-on-One Breastfeeding Peer Counselor	<i>Every Thursday 8am to 4pm</i>	Ernistine Easley 215-927-1950 or 215-927-7165
WIC- Kensington/ Allegheny	1825-31 East Hilton Street (19134)	One-on-One Breastfeeding Peer Counselor	<i>Every Thursday 8am to 4pm</i>	Jennifer Arias 215-426-6801 or 215-426-6803
WIC-Lehigh	1300 West Lehigh Avenue Suite 104 (19132)	On the phone Breastfeeding Support	<i>Monday- Friday 9:30 to 4pm</i>	Lisa Volpe 215-978-6100 ext 22 Or 215-913-9199
WIC- South Philadelphia	1165 South Broad Street (19146)	One-on-One Breastfeeding Peer Counselor	<i>Every Thursday 8am to 4pm</i>	Isha Craig 215-463-5571 or 215-463-5579
WIC- Northeast	7959 Bustleton Avenue (19152)	One-on-One Breastfeeding Peer Counselor	<i>Monday- Friday 8am to 4pm</i>	Ophelia Oduro 215-745-7251 or 215-745-7252
Maternity Care Coalition	100 East Lehigh Avenue Suite 302 (19125)	Support Group	<i>Every Thursday 10am to 12noon</i>	Naima Black 215-707-1013 (office) 215-880-9175 (cell)
Hospital of the University of Pennsylvania	34th & Spruce Silverstein 8 Conference Room	Support Group	The Last Thursday of each month 12 noon - 2 pm	215-662-2361

Fridays, August – December 2015

Agency	Address	Type of Breastfeeding Support	Times	Contact
Congresso	216 West Somerset Street (19133)	One-on-One Breastfeeding help *available in English & Spanish	Every Friday 8:30 am to 5pm	Ana Tapia 215-736-8870 extension 1309
WIC- Aramingo Office	2401 East Tioga Street, A-4 (19134)	One-on-One Breastfeeding Peer Counselor	<i>Every other Friday 8am to 4pm</i> Please call for specific dates	Jennifer Arias 215-533-9597 or 215-533-9598
WIC- South Philadelphia Office	1165 South Broad Street (19146)	One-on-One Breastfeeding Peer Counselor	<i>Every other Friday 8am to 4pm</i> Please call for specific dates	Isha Craig 215-463-5571 or 215-463-5579
WIC- Kensington/ Allegheny Office	1825-31 East Hilton Street Philadelphia, PA 19134	One-on-One Breastfeeding Peer Counselor	Every Other Friday 8am to 4pm Please call for specific dates	Jennifer Arias 215-426-6801 or 215-426-6803
WIC – Overbrook	Overbrook Plaza, Store #1400 5610 Lancaster Ave (19131)	One-on-One Breastfeeding Peer Counselor	<i>Every Other Friday 8am to 4pm</i> Please call for specific dates	Isha Craig 215-477-3360 or 215-477-3364
WIC- Woodland	1739 South 54 th Street (19143)	One-on-One Breastfeeding Peer Counselor	<i>Every Other Friday 8am to 4pm</i> Please call for specific dates	Isha Craig 215-726-1142 or 215-726-1143
WIC- Lehigh	217-33 West Lehigh Avenue, 2 nd floor (19133)	One-on-One Breastfeeding Peer Counselor	<i>Every Other Friday 8am to 4pm</i> Please call for specific dates	Jennifer Arias 215-634-8713 or 215-634-8714
WIC- Northeast	7959 Bustleton Avenue (19152)	One-on-One Breastfeeding Peer Counselor	<i>Monday- Friday 8am to 4pm</i>	Ophelia Oduro 215-745-7251 or 215-745-7252
WIC-Lehigh	1300 West Lehigh Avenue Suite 104 (19132)	On the phone Breastfeeding Support	<i>Monday- Friday 9:30 to 4pm</i>	Lisa Volpe 215-978-6100 ext 22 Or 215-913-9199
WIC- St. Christopher's Office	Nelson Pavilion Bldg. 160 East Erie Avenue (19124)	One-on-One Breastfeeding Peer Counselor	<i>Every Friday 8am to 4pm</i>	Ernestine Easley 215-427-6973

- Philadelphia Department of Public Health
- Community Based Agencies
- WIC
- Hospitals

Breastfeeding Help Lines

PA Department of Health *Healthy Baby* Line- 1-800-986-BABY

The Pennsylvania Department of Health recognizes breastfeeding as the ideal nutrition for infants. The PA Breastfeeding Awareness and Support Program works to support and increase the number of new mothers who choose breastfeeding as their long-term infant feeding method.

Text4Baby- Text BABY (or BEBE for Spanish) to 511411

Text4baby is a mobile information service designed to promote maternal and child health through text messaging. It provides three free text messages a week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday.

Nursing Mothers' Advisory Council (NMAC)

WARMLINE (8 am-6 pm) 215-572-8044 www.nursingmoms.net

The Nursing Mothers Advisory Council, Inc. (NMAC) is a non-profit, volunteer organization serving areas of Bucks, Montgomery and Philadelphia counties in Pennsylvania.

Online Breastfeeding Sources and Supports

Philadelphia Department of Public Health (PDPH) www.phila.gov/health/MCFH/BreastfeedingPromotion.html

PDPH provides support for nursing mothers as well as education, training and support for healthcare professionals in Philadelphia who work with pregnant or nursing mothers. PDPH work closely with Philadelphia's business community to build support for corporate lactation programs, and participate in breastfeeding advocacy coalitions and task forces.

La Leche League (LLL) <http://www.llli.org/resources.html>

LLL mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Office of Women's Health, U.S Dept of Health and Human Services: Breastfeeding <http://www.womenshealth.gov/breastfeeding/>

In this section, you can learn more about breastfeeding. You also can find tips and suggestions to help you successfully breastfeed, whether you decide to breastfeed for two weeks, two years, or more.

Social Media Breastfeeding Support

Domain	Group and URL
Facebook Breastfeeding Supports	Reaching Our Sisters Everywhere (ROSE) https://www.facebook.com/BreastfeedingRose
	Black Women Do Breastfeed https://www.facebook.com/pages/Black-Women-DoBreastfeed/109639955730943?sk=info&tab=page_info
	Latina Breastfeeding Coalition https://www.facebook.com/latinabreastfeedingcoalition
	Thai Breastfeeding Group https://www.facebook.com/BreastfeedingThai
YouTube Breastfeeding Supports	Teach me how to breastfeed (rap video) http://www.youtube.com/watch?v=ax85hE3_2uE
	Chocolate Milk- African American Breastfeeding Video http://www.youtube.com/watch?v=kICi9VNAWdE
	Breastfeeding Premature Babies http://www.youtube.com/watch?v=85s0VdnxQFA