

# Philadelphia Department of Public Health, 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**

<b>Agency</b>	<b>Address</b>	<b>Type of Breastfeeding Support</b>	<b>Times</b>	<b>Contact</b>
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 <sup>th</sup> 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

## **Tuesdays**

<b>Agency</b>	<b>Address</b>	<b>Type of Breastfeeding Support</b>	<b>Times</b>	<b>Contact</b>
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

## **Wednesdays**

<b>Agency</b>	<b>Address</b>	<b>Type of Breastfeeding Support</b>	<b>Times</b>	<b>Contact</b>
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

## **Thursdays**

<b>Agency</b>	<b>Address</b>	<b>Type of Breastfeeding Support</b>	<b>Times</b>	<b>Contact</b>
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 3<sup>rd</sup> Thursday of the month 10am to 12noon</i>	Ana Tapia 215-685-0639

## **Fridays**

<b>Agency</b>	<b>Address</b>	<b>Type of Breastfeeding Support</b>	<b>Times</b>	<b>Contact</b>
Congreso	216 West Somerset Street (19133)	One-on-One Breastfeeding help *available in English & Spanish	<i>Every Friday 8:30 am to 5pm</i>	Ana Tapia 215-736-8870 extension 1309

## **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](http://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](http://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**

<b>Domain</b>	<b>Group and URL</b>
Facebook Breastfeeding Supports	Reaching Our Sisters Everywhere (ROSE) <a href="https://www.facebook.com/BreastfeedingRose">https://www.facebook.com/BreastfeedingRose</a> Black Women Do Breastfeed <a href="https://www.facebook.com/blackwomendobreastfeed">https://www.facebook.com/blackwomendobreastfeed</a> Latina Breastfeeding Coalition <a href="https://www.facebook.com/latinabreastfeedingcoalition">https://www.facebook.com/latinabreastfeedingcoalition</a> Thai Breastfeeding Group <a href="https://www.facebook.com/BreastfeedingThai">https://www.facebook.com/BreastfeedingThai</a>
YouTube Breastfeeding Supports	Teach me how to breastfeed (rap video) <a href="http://www.youtube.com/watch?v=ax85hE3_2uE">http://www.youtube.com/watch?v=ax85hE3_2uE</a> Chocolate Milk- African American Breastfeeding Video <a href="http://www.youtube.com/watch?v=kICi9VNAWdE">http://www.youtube.com/watch?v=kICi9VNAWdE</a> Breastfeeding Premature Babies <a href="http://www.youtube.com/watch?v=85s0VdnxQFA">http://www.youtube.com/watch?v=85s0VdnxQFA</a>

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