



Free Breastfeeding Help at Philadelphia Health Centers

New mothers sometimes need help learning how to breastfeed their new baby. Certified lactation counselors provide free, private, one-on-one support at the health centers below.

Health Center 2 **1700 South Broad Street, Unit 201**

Tuesdays (1st, 3rd, 4th & 5th), 9 am – 1 pm
Thursdays, 9 am – 1 pm
Natashia Conner, IBCLC

Health Center 3 **555 S. 43rd Street**

Wednesdays, 9 am – 2:30 pm
Ta'Hirah Williams, IBCLC

Health Center 4 **4400 Haverford Avenue**

Mondays (2nd & 4th), 9 am – 12 pm
Galissa Jones, CLC

Health Center 5 **1900 North 20th Street**

Mondays, 9 am – 12 pm
Ta'Hirah Williams, IBCLC

Health Center 6 **321 West Girard Avenue**

Tuesdays, 8:30 am – 11:30 am
Ana Tapia, CBC

Health Center 9 **131 East Cheltenham Avenue**

Thursdays (1st & 3rd), 9 am – 12 pm
Galissa Jones, CLC (1st)
Ta'Hirah Williams, IBCLC (3rd)

Health Center 10 **2230 Cottman Avenue**

Thursdays, 8:30 am – 11:30 am
Ana Tapia, CBC

Strawberry Mansion Health Center **2840 Dauphin Street**

Wednesdays, 9 am – 12:30 pm
Natashia Conner, IBCLC

Congreso **216 West Somerset Street**

Mon., Wed., & Fri., 8:30 am – 5 pm
Tuesdays & Thursdays, 1 pm – 5 pm
Ana Tapia, CBC

*Bilingual family support group
on the 3rd Wednesday*

Want to find out more before you come to a health center? Just call one of the breastfeeding counselors to see how they can help you:

- Natashia Conner, IBCLC: (267) 281-8068
- Galissa Jones, CLC (267) 474-3752
- Ana Tapia, CBC: (610) 203-9840 (*bilingual breastfeeding support in English and Spanish*)
- Ta'Hirah Williams, IBCLC: (267) 506-4118