

BREASTFEEDING SUPPORT GROUPS

Available every Tuesday and Thursday



Come join us and hang out with new mothers and their breastfeeding babies. Most moms could use a little help at the beginning of her breastfeeding journey...and we want to help!!! Bring your baby, your questions and your stories to share. Get help from lactation specialists and tips from other mothers. Perhaps you can offer a new mom some words of encouragement as well. If you are experiencing pain, difficulty with your baby's latch, or if you are concerned about your baby's weight gain or your milk supply, we can help you through it!

Support groups are FREE and available to EVERYONE!!!

Every Tuesday from 10am to noon meet us at: The Breastfeeding Café
Santa Paula West Medical Group
254 West Harvard Blvd., Suite B
Santa Paula, Ca. 93060
(805) 229-0217 (ask for Gabby)

Every Thursday from 11am to 1pm meet us at: VCMC Cafeteria
3291 Loma Vista Rd.
Ventura, CA 93003
(805) 652-6090

The American Academy of Pediatrics recommends exclusive breastfeeding...let us help you achieve your breastfeeding goals!!!

