

Breastfeeding Support and Assistance

Lactation Outpatient Clinic

Because breastfeeding challenges may continue after discharge, we have an outpatient clinic which serves the community. Services are provided by registered nurse lactation consultants who provide education and support to help new birth parents and babies get off to the best possible start. A complete assessment of your baby, including pre- and post-feeding weights, is done to ensure adequate nutrition and resolve any difficulties you may be having.

Where: 2888 Long Beach Blvd.
Suite 365
Long Beach, CA

Located in the Hartley Building,
on the corner of Long Beach Blvd.
and Columbia St.

When: Every Monday, Wednesday and Friday
Call **(562) 933-8081** to schedule
an appointment.



Breastfeeding Supplies & Pump Rental Service

For any breastfeeding-related needs, like nursing pads and slings, as well as pump rentals, call **(562) 933-2744**.

Nurturing the New You Support Group

Join other birth parents, support persons and pre-crawling infants in a supportive environment to help you learn to reduce stress, increase self-confidence and strengthen the emotional connection to your baby.

This ongoing support group will teach infant massage techniques, while increasing your ability to respond optimally to your baby's needs, read your baby's cues and strengthen infant-parent attachment.

Transitioning into parenthood is a time of transformation. Being mindful and present to these changes can make the transition a more positive experience.

Where: Zoom

When: Every Tuesday from 10 a.m. – noon.
For questions, call **(562) 650-0474**.



Scan to join
the Zoom call.
Registration is
not required.