

# 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:** 2865 Atlantic Ave.  
Suite 115  
Long Beach, CA

Located at the Memorial Medical Building on the corner of Atlantic Ave. and Columbia St. across from Long Beach Medical Center Emergency Department.

**When:** Every Monday, Wednesday and Friday  
Call **(562) 933-2779** 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.