

BREASTFEEDING & NUTRITIONAL SUPPORT

Kennedy Women's & Children's Services:

Support groups take place every Thursday from 1-2:30pm. These are group sessions but private sessions can also be arranged with a lactation consultant. You can also rent a high quality baby scale.

Kennedy Health & Wellness Center, 2nd Floor Conf Room, 405 Hurffville-CrossKeys lactationconsultant@kennedyhealth.org. Rd, Sewell, NJ; 856-582-3098. Calls are returned within 24 hours, M-F. Email:

[La Leche League of New Jersey](#) (various locations- Contact Pat Young at 609-320-6499 to set up an individual meeting or to find out the time for a group session.

[Virtua](#) has a number of breastfeeding support groups at their Vorhees (Wed from 2-3:30pm) and Mt Holly (Wed from 11am-12:30pm) locations. They also offer individual breastfeeding support. Call 1-888-virtua-3 for more information or go to: <https://www.virtua.org/services/breastfeeding>

[The Village: South Jersey Breastfeeding and Wellness Center](#). Offers pre and postnatal breastfeeding support as well as yoga and other resources for new and expecting moms.

421 N. Haddon Avenue, Haddonfield, NJ 08033. Call: 856-942-4305 or Email: thevillagesj@gmail.com.

[WIC](#)- Women Infant and Children's Program- For eligible families, the program provides food vouchers and nutritional education.

Glouster county WIC office- 856-218-4116

Canden county WIC office - 856-225-5050

[Kellymom.com](#)- Helpful answers to common breastfeeding questions. Articles are written by certified lactation consultants.

[Stanford University Breastfeeding Videos](#)- Practical videos created by breastfeeding experts. They go through the nuts and bolts of how to overcome common breastfeeding problems. The [Hand Expression Video](#) might be particularly helpful for new moms.