

Boston Breastfeeding Coalition

Free Lactation Support

Are you pregnant and curious about breastfeeding? Struggling with breast pain or your newborn's poor latch? Happily bottle-feeding your growing baby and interested in meeting other parents? **Join the Boston Breastfeeding Coalition's virtual support groups and Baby Cafés or call our tele-health lactation Warmline. We offer professional lactation counseling and support for anyone struggling with the ups and downs of parenting.** These sessions focus on breastfeeding and community support. You can access the links below by using the provided web addresses or pointing your phone's camera at the QR code and clicking the resulting link.



Virtual Lactation Support Groups and Baby Cafés

Offered Monday-Friday at various times.

View group times and Zoom links: <https://cutt.ly/bf-groups>

Join us virtually to receive free breastfeeding support by qualified peer counselors and lactation specialists. Connect with other parents and get the support you need to achieve your breastfeeding goals. Group support or personal break-out rooms are available.

Tele-Health WARMLINE

Available 7 days a week

Call 857-301-8259 or Email breastfeedingboston@gmail.com

Our Tele-Health WARMLINE is available at any time for you to call with breastfeeding questions and concerns. The phone line and email is staffed by qualified peer counselors and lactation specialists. Please leave a message if there is no answer and we will get back to you ASAP.



Want to Learn More? Visit our Website!

<https://cutt.ly/BostonBreastfeeding>

Learn more about our Coalition, our lactation counselors, and the other virtual support groups that we run each week.

The Boston Breastfeeding Coalition was formed under the umbrella of Boston Medical Center's Vital Village Networks in January 2016. The Coalition is working to improve access to breastfeeding support for every caregiver in Boston and promote social connections and optimal child enrichment in early life.



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