



# Virtual Support for Breastfeeding Mothers

Do you have questions  
about breastfeeding?

We are pleased to offer our communities a safe place for new and expecting moms to connect online.

In a friendly virtual environment, our International Board Certified Lactation Consultants will provide guidance and answer questions about latch issues, breast/nipple pain, milk supply concerns, pumping, supplementation, returning to work and weaning.

Don't let breastfeeding challenges discourage you during COVID-19. We are here to support you along your breastfeeding journey. For more information and to be sent the link to participate in the group please register online at [www.rwjbh.org/breastfeedingsupport](http://www.rwjbh.org/breastfeedingsupport).

**We meet every Monday  
from 12 -1 p.m., beginning June 1.**

**RWJBarnabas  
HEALTH**