



# NJ SUPPORTS *Breastfeeding*

## Bergen County Lactation Support Resources

### International Board-Certified Lactation Consultants (IBCLCs)

#### **St. Joseph's Medical Center WIC (Women, Infants, and Children)**

- Nutrition and breastfeeding support available, if eligible
- Online enrollment portal: <https://wic.nj.gov/participantportal/en/>
  - Call: 973-754-4575
  - Website: <https://www.nj.gov/health/fhs/wic/participants/find-wic/#bergen>

#### **ZipMilk**

- Statewide database of breastfeeding resources, including fee-based lactation consultants, by zip code
  - Website: <http://www.zipmilk.org/>

#### **Englewood Health**

- Breastfeeding warmline (9am-5pm)
  - Call: 201.894.3354
  - Website: <https://www.engagewoodhealth.org/service/maternity-care/maternity-care-resources-and-phone-numbers>
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#### **Hackensack University Medical Center**

- Breastfeeding warmline (9am-5pm)
  - Call: 551.996.4606
  - Website: <https://www.hackensackmeridianhealth.org/en/services/childrens-health/specialties-and-services/breastfeeding-and-lactation-support>

#### **Joseph M. Sanzari Children's Hospital at Hackensack University Medical Center**

- Outpatient breastfeeding services with a lactation consultant
  - Call: 551.996.4606
  - Website: <https://www.hackensackmeridianhealth.org/en/services/childrens-health/specialties-and-services/breastfeeding-and-lactation-support>

#### **Valley Health System**

- Breastfeeding warmline (9am-5pm)
  - Call: 201.447.8722
- Lactation consultant outpatient visits
  - Call: 201-291-6151
  - Website: <https://www.valleyhealth.com/services/breastfeeding-services>

\*A warmline is a phone number to call for questions or advice on breastfeeding





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## **Peer to Peer Breastfeeding Supporters**

### **St. Joseph's Medical Center WIC (Women, Infants, and Children)**

- Nutrition and breastfeeding support available, if eligible
- Online enrollment portal: <https://wic.nj.gov/participantportal/en/>
  - Call: 973-754-4575
  - Website: <https://www.nj.gov/health/fhs/wic/participants/find-wic/#bergen>

### **ZipMilk**

- Statewide database of breastfeeding resources, including fee-based lactation consultants, by zip code
  - Website: <http://www.zipmilk.org/>

### **La Leche League USA**

- Support through Peer Breastfeeding Counselors
  - Website: <https://llusa.org/locator/>

### **La Leche League International**

- Support through Peer Breastfeeding Counselors (Spanish)
  - Website : <https://llli.org/espanol/>

### **Breastfeeding USA**

- Breastfeeding Warmline
  - When you call, a pre-recorded voice message in English and Spanish will receive your call. A Breastfeeding USA Counselor (BC) will return your call within 24 hours.
    - Website: <https://breastfeedingusa.org/warmline/>
    - Call: 612.293.6622

### **National Breastfeeding Helpline**

- Breastfeeding peer counselor assistance in English or Spanish
  - Call: 800-994-9662

## **Certified Breastfeeding Counselors**

### **ZipMilk**

- Statewide database of breastfeeding resources, including fee-based lactation consultants, by zip code
  - Website: <https://www.zipmilk.org>





# NJ SUPPORTS *Breastfeeding*

## Classes/Support Groups

### **Hackensack University Medical Center**

- Breastfeeding in-person support group
  - Call: 551-996-4606
- Childbirth and Breastfeeding Classes
  - Website: <https://events.hackensackmeridianhealth.org/c/calendar/94f0af73-bf66-43ad-b650-7fe8b98fbf9b>

### **Valley Health System**

- Breastfeeding Support Groups (In-person and Virtual)
  - Website: <https://www.valleyhealth.com/events?keywords=breastfeeding%20support%20group&category=1546>
- Breastfeeding Basics In-person Class
  - Website: <https://www.valleyhealth.com/events/breastfeeding-basics-119>

### **Chocolate Milk Café**

- Monthly Virtual Breastfeeding Support Group for Families of the African Diaspora
  - Website: <https://chocolatemilkcafe.org/event/northern-new-jersey-6/2024-10-12/>

### **ZipMilk**

- Statewide database of breastfeeding resources, including fee-based lactation consultants, by zip code
  - Website: <https://www.zipmilk.org>

### **Breastfeeding USA**

- Breastfeeding USA Facebook Support Groups
  - Website: <https://breastfeedingusa.org/special-facebook-pages/>
- Breastfeeding Counselor Groups
  - Website: <https://breastfeedingusa.org/find-a-breastfeeding-counselor/?cid=4620>

### **La Leche League USA**

- Facebook Group
  - Website: <https://www.facebook.com/LaLecheLeagueUSA>

### **La Leche League International**

- Facebook Group (Spanish)
  - Website: <https://www.facebook.com/groups/llespanol/>

