

# Free Breastfeeding Support Groups

## In Rockland County



### La Leche League of Rockland

**Meeting dates:** 2nd Wednesday of every month

**Time:** 10:00 am - 12:00 pm

**Location:** 168 Washington Street, Tappan, NY or virtual via Facebook

**Contact info:** Call Laura Rime at 201-362-3213 or Email [LMesibov@verizon.net](mailto:LMesibov@verizon.net)

 La Leche League of Rockland County

La Leche League is a non-profit organization aimed at helping mothers worldwide breastfeed through mother-to-mother support, encouragement, information and education. LLL promotes a better understanding of breastfeeding as an important element in the healthy development of the mother-baby relationship.

Meetings are free to attend for mothers, babies, siblings and other family members. We are happy to answer questions, help with latch, etc. Meeting topics include: getting off to a good start, benefits of breastfeeding, how weaning happens, first foods, and more.

[www.llli.org](http://www.llli.org)

**babycafé**



### Westchester and Rockland Baby Cafe

**Meeting dates:** Tuesday and Thursday each week

**Time:** 12:00 pm - 1:30 pm

**Location:** Virtual via Zoom

**Contact info:** Call 845-271-3875 or email [info@lhvpn.net](mailto:info@lhvpn.net)

 Rockland County Baby Cafe Public Page

Baby Café USA is a non-profit organization that helps coordinate free walk-in sites, called Baby Cafés, where pregnant and breastfeeding mothers and their families can get free one-on-one support from trained lactation (breastfeeding) specialists. Café visitors also have a chance to share their experiences with others in a group setting.

[www.hudsonvalleychrf.org](http://www.hudsonvalleychrf.org)

### New Moms Circle Support Group

**Meeting dates:** Saturdays Bi-weekly

**Time:** 10:00 am - 11:30 am

**Location:** Virtual via Zoom or In-person

**Contact info:** Call (845) 348-7505 or Email [guzmanps@montefiorenyack.org](mailto:guzmanps@montefiorenyack.org)

 Montefiore Nyack New Moms Circle

Parent support group welcoming all who are expecting, have babies, toddlers and/or young children! Join us as we enjoy open circle discussions and special activities.

[www.tinyurl.com/NewMomsCircle](http://www.tinyurl.com/NewMomsCircle)



New Moms Circle Support Group