We’re here for you!

IEHP has partnered with Loving Support to offer a monthly breastfeeding support group for nursing moms who live or work in Riverside. The group is led by a lactation consultant.

At the support group, you will:

- Meet other breastfeeding moms
- Get accurate breastfeeding advice
- Learn about introducing your baby to solids
- Get tips on returning to school or work
- Be able to share challenges and successes

Where?

The IEHP Community Resource Center - Riverside
3590 Tyler Street, Suite 101 Riverside, CA 92503

When?

First Thursday of each month (English)
Third Thursday of each month (Spanish)
12pm - 1pm

Time may vary – check schedule for updates at www.iehp.org/crc or call 1-866-228-4347

For breastfeeding help, call Loving Support at 1-888-451-2499 or 951-358-7212. 24/7 Helpline for Riverside County.