



# Help for Breastfeeding Mothers

If you are breastfeeding or just thinking about it, we invite you to join our weekly support group. Connect with other moms and moms-to-be, swap tips and share the joys and challenges of breastfeeding.

## Breastfeeding Support Group for Camden Moms

**THURSDAYS, 11 am – Noon**

The Neighborhood Center  
278 Kaighn Avenue  
Camden, NJ 08103

Participation is free and open to women who live in Camden City. Drop-ins welcome.

**Call 856-668-4435  
for more information.**

*HealthyWomen*  
HEALTHY FAMILIES

## Why Breastfeed?

- Breastmilk has antibodies to protect babies from illness.
- Breastmilk is easier for babies to digest. Fewer tummy aches.
- Breastfed babies have less asthma.
- Breastfeeding is good for bonding.
- Breastfeeding helps moms shed pounds.