

SUPPORT FOR NEW MOTHERS



Kaiser Permanente • Fremont/Hayward/Union City • Health Education Department

Meet and connect with other moms facing similar questions and challenges. In these support groups, you will be able to seek advice from an expert, share your experiences, and learn from others.

La Leche League Meetings

Monthly discussion group with nursing mothers. Talk about overcoming breastfeeding challenges, birth and your baby's first weeks, art of breastfeeding, and more. Healthy babies are welcome. Pregnant women are invited. For more information call (510) 496-6009 or go to: llli.org.

Dates/Time: Second Thursday of every month, 7–9 p.m.

Location: Kaiser Permanente Hayward Medical Center
Call (510) 784-4531 for room location

Fee: No charge
Open to members and non-members

Mommy and Me

Weekly drop-in group facilitated by a certified lactation consultant. Talk about breastfeeding, sleeping, crying, adjusting to parenthood, and more. Healthy babies are welcome.

Dates/Time: Every Wednesday, 10 a.m.–Noon

Location: Kaiser Permanente Hayward Medical Center
Sleepy Hollow Bldg., 2nd floor, Room M-4

Fee: No charge
Call: (510) 784-4531
For members only

New Mom's Support Group

Weekly drop-in support group facilitated by a licensed therapist. Each week one of these topics will be discussed: excitement and fears, baby blues or depression, caring for your baby and yourself, and preparing for work and childcare. Healthy babies are welcome.

Dates/Time: Every Tuesday at 10 a.m.

Location: Kaiser Permanente Dept. of Psychiatry
3555 Whipple Rd., Union City, CA 94589
Bldg. A, 2nd floor

Fee: No charge
Call: (510) 675-3080
For members only