

# Breastfeeding Resources during COVID-19

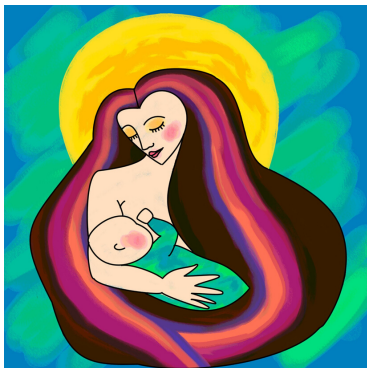
## Breastfeeding Social



We are now meeting virtually every Wednesday from 12:30-2:00 PM. PST. In this time of social distancing, we all may feel a bit lonely. Breastfeeding Social is your weekly gathering place to discuss all things infant feeding related.

It is led by IBCLC's, and is a free support group. Please download the Zoom App and join us at [tinyurl.com/BreastfeedingSocial](https://tinyurl.com/BreastfeedingSocial)

## Dawn Bower, My Lactation Consultant



Dawn is now offering Virtual Lactation Consults via HIPAA Compliant Zoom. Help is available for all infant feeding concerns; soreness, latch, low supply, bottle feeding, pumping questions, pump rentals and more. Please contact Dawn for more information.

[MyLactationConsultant@gmail.com](mailto:MyLactationConsultant@gmail.com)

[www.DawnBowerIBCLC.com](http://www.DawnBowerIBCLC.com)

661-916-1290