

# 2016 POSTPARTUM SUPPORT

## CRADLE TALK

Come and meet other new parents and their babies, ages 0-6 months, and share information and ideas, joys and frustrations. An Edward Hospital nurse leads the discussion, and guest speakers address a variety of parenting topics. Free, no registration required. For directions or for more information, please call (630) 527-3957. Join us on Facebook at Edward Cradle Talk.

Meets almost Every Wednesday (see our web page at <https://www.eehealth.org/CradleTalk>)  
10:00 a.m. - 11:30 a.m.  
815 South Washington, Naperville (Our Saviour's Lutheran Church next to Edward ER)

## BREASTFEEDING SUPPORT

This is a free support group for any breastfeeding mom, led by an International Board Certified Lactation Consultant (IBCLC). Join other breastfeeding moms for support and to have questions answered. No registration required. For more information, call (630) 527-7685.

1st and 3rd Wednesdays  
11:45 a.m. (following Cradle Talk)  
815 South Washington, Naperville (Our Saviour's Lutheran Church next to Edward ER)

## BREASTFEEDING CENTER

To make an appointment to see an International Board Certified Lactation Consultant for an outpatient visit or for information about renting a breastfeeding pump or supplies, please call (630) 527-3238.

## NURTURING MOM

This is a support group for new and expectant moms who would like to connect with others and discuss the unique transitions women experience as they begin the journey of Motherhood. The group is led by a certified perinatal behavioral health therapist. No registration is required. For more information please call (630) 527-6363.

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, at 11:45 a.m. (following Cradle Talk)  
815 South Washington, Naperville (Our Saviour's Lutheran Church next to Edward ER)

## MOM'S LINE (630) 527-7294

Linden Oaks provides a phone line dedicated to women, or anyone concerned about a woman, who may be experiencing signs or symptoms of post-partum anxiety or depression. Messages on this line are checked daily and all calls will be returned within 24 hours.

## MULTIPLES SUPPORT

Join our Facebook support group for multiples at "Edward Multiples". Post questions or read tips and advice from other parents of multiples at Edward. For more information, call (630) 527-7685.