# Mom and Me

## Breastfeeding Support

Get breastfeeding support from a lactation consultant nurse.

- Weigh your baby
- Talk to other moms

Mom and babies are welcome regardless of where your baby was delivered. Moms are encouraged to leave other children with family and friends to focus on baby's feeding.

If you have questions and wish speak with a lactation nurse or wish to schedule a private consultation, please call 503-814-4539

### Salem Health

**Dates:**

Mondays, Wednesdays and Fridays (except holidays)

**Time:**

1 to 2:30 p.m.

**Location:**

Community Health Education Center
939 Oak St SE, Building D

### West Valley

**Date:**

Thursdays (except holidays)

**Time:**

1 to 2:30 p.m.

**Location:**

West Valley Hospital
525 Se Washington St. SE
Dallas, OR 97338
(Use emergency department entrance)

Salem Health® Hospitals & Clinics