

La Leche League

Breastfeeding is natural, but it is a learned art. Attending a La Leche League meeting and seeing other mothers breastfeed their babies helps new and expectant mothers learn how to nurture their babies too.

Meetings are led by an accredited La Leche League Leader who has breastfed her baby and has completed a comprehensive training program. The Leader shares her knowledge of breastfeeding, encourages others to share their experiences, and helps clarify the La Leche League philosophy of mothering through breastfeeding. La Leche League information is validated by experts in medicine, psychology, nutrition, and child development.

Meetings follow a loosely structured format that allows plenty of time for questions and mother-to-mother sharing in a warm and supportive atmosphere. Information on breastfeeding is presented through discussions focusing on the following topics:

- The advantages of breastfeeding
- Adjusting to life with a new baby
- Overcoming difficulties
- Nutrition and weaning

Some Groups schedule special meetings for couples and for mothers of toddlers.

Expectant mothers, new mothers, and experienced mothers attend La Leche League meetings. Babies are always welcome.

Mothers and mothers-to-be who have questions and concerns about breastfeeding can contact La Leche League Leaders between meetings by phone or email.

LA LECHE LEAGUE



OF

SOUTHERN NEW JERSEY

www.lalecheleaguenj.org

Last updated: September 2008

Atlantic County

Brigantine Group

1st Tuesday AM
Sarah 609-266-5481

Linwood Group

www.lalecheleaguenj.org/linwood

3rd Wed. PM
Meredith 609-204-5067
Toini 609-390-5967

Burlington County

Crosswicks Group

3rd Friday AM
(& toddler meeting 2nd Thursday AM)
Julee 609-723-1242
Wendy 609-587-6587
Colleen 609-324-0501

Jobstown Group

www.lllusa.org/web/JobstownRancocasNJ
4th Tuesday AM
Danielle 609-702-0588

Marlton Group

www.lllusa.org/web/MarltonNJ
3rd Thursday AM
Sandy 856-988-8663
Tracey 856-797-6743

Camden County

Haddonfield Group

www.lalecheleaguenj.org/groups/haddonfield.htm
2nd Monday PM
Louise 856-547-2980
Andrea 856-429-2082
Donna 856-795-7267
Linda 856-869-0333
Peggy 856-795-2092
Connie 856-795-8554

Cumberland County

Bridgeton Group

2nd Monday AM
Susan 856-455-7815
Sharon 856-453-5633

Vineland Group

3rd Tuesday AM and 2nd Monday PM
Patty 856-691-9569
Judy 856-692-4807

Gloucester County

Glassboro Group

www.snj.com/lllgloucester
3rd Thursday AM and 1st Monday PM
Robbi 856-875-8667
Judith 856-863-1331
Pat 856-582-1308
Gabrielle 856-358-4142

Mullica Hill Group

www.snj.com/lllgloucester
2nd Thursday AM
Terryann 856-241-3997

Woodbury Group

www.snj.com/lllgloucester
1st Wednesday AM
Christine 856-218-2474
Jill 856-262-4652
Kim 856-228-3655
Lisa 856-464-1038

Ocean County

Bricktown Group

www.lllusa.org/web/BricktownNJ
2nd Thursday PM
Jennifer 732-295-3171
Stephanie 732-920-4344
Teri 732-600-3892

Lakewood Group

3rd Tuesday PM
Chaya 732-364-4758

Toms River AM Group

www.lllusa.org/web/TomsRiverAMNJ
2nd Wednesday AM
Jeanne 732-269-6656
Sue 732-270-6143
Andrea 609-492-2979

Toms River Group

www.lllusa.org/web/TomsRiverNJ
4th Monday PM
Chris 732-270-3734
C.J. 732-505-6608
Marie 732-349-9217
Caren 732-269-3007

Salem County

Salem County Group

www.snj.com/lllsalem
3rd Tuesday PM
CarolAnn 856-769-2478
Vicky 856-299-8994

Spanish Support

www.snj.com/lllgloucester/spanish.htm

Milli 856-401-0610