



# Free Breastfeeding Help at Philadelphia Health Centers

New mothers sometimes need help learning how to breastfeed their new baby. Certified lactation counselors provide free, private, one-on-one support at the health centers below.

## **Health Center 2** **1700 South Broad Street, Unit 201**

Tuesdays (1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>), 9 am – 1 pm  
Thursdays, 9 am – 1 pm  
*Marlene Gawarkiewicz, IBCLC*

## **Health Center 3** **555 S. 43rd Street**

Wednesdays, 8:30 am – 2:30 pm  
*Ta'Hirah Williams, CLC*

## **Health Center 4** **4400 Haverford Avenue**

Mondays (2<sup>nd</sup> & 4<sup>th</sup>), 9 am – 2 pm  
*Marlene Gawarkiewicz, IBCLC*

## **Health Center 5** **1900 North 20<sup>th</sup> Street**

Mondays (1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup>) 9 am – 2 pm  
*Marlene Gawarkiewicz, IBCLC*

## **Health Center 6** **321 West Girard Avenue**

Tuesdays, 8:30 am – 11:30 am  
*Ana Tapia, CBC*

## **Health Center 9** **131 East Cheltenham Avenue**

Thursdays, 8:30 am – 12 pm  
*Ta'Hirah Williams, CLC*

## **Health Center 10** **2230 Cottman Avenue**

Thursdays, 8:30 am – 11:30 am  
*Ana Tapia, CBC*

## **Strawberry Mansion** **Health Center** **2840 Dauphin Street**

Wednesdays, 9 am – 12:30 pm  
*Marlene Gawarkiewicz, IBCLC*

## **Congreso** **216 West Somerset Street**

Mon., Wed., & Fri., 8:30 am – 5 pm  
Tuesdays & Thursdays, 1 pm – 5 pm  
*Ana Tapia, CBC*

*Bilingual family support group  
on the 3<sup>rd</sup> Wednesday*

Want to find out more before you come to a health center? Call our counselors directly:

- Ana Tapia, CBC: (610) 203-9840 (*bilingual breastfeeding support in English and Spanish*)
- Marlene Gawarkiewicz, IBCLC: (267) 226-4884
- Ta'Hirah Williams, CLC: (267) 506-4118



Division of Maternal, Child & Family Health  
1101 Market Street, 9<sup>th</sup> floor  
Philadelphia, PA 19107

[www.phila.gov/health/mcfh/BreastfeedingPromotion.html](http://www.phila.gov/health/mcfh/BreastfeedingPromotion.html)