



Lactation Specialists:

These are general recommendations based on experiences from our patients- we do not endorse any specific providers

- **Wilberthe Pilate, RN, IBCLC** **508-377-3849**
→ hello@quietmooncare.com
→ quietmooncare.com
- **Tamar Winter, RN, IBCLC** **617-921-9266**
→ tamar@tamarwinterlc.com
→ tamarwinterlc.com
- **Britt Pados, NNP** **617-219-9039**
→ britt@infantfeedingcare.com
→ www.infantfeedingcare.com
- **Rachel O'Brien, IBCLC** **617-231-9089**
→ www.rachelobrienibclc.com
- **Jen Greenberg** **617-872-0780**
→ www.jbgreenberg.com
- **Heather Bingham** **781-632-7239**
→ www.bostonlactation.com
- **Kira Kim, IBCLC**
→ www.thebalc.com
- **Nurture By Naps (Karen Mosman)**
→ www.nurturebynaps.com

Recommended Breastfeeding Support Sites:

- Kellymom.com
- massbreastfeeding.org
- zipmilk.org
- lchomevisits.com

Cambridge Hospital Support Group Details

- **Location:** 8 Camelia Ave., Cambridge, MA 02139 (across from CHA Cambridge Hospital and next to the Cambridge Birth Center)
- **Schedule:** Tuesdays and Thursdays from 10:00 AM to 12:00 PM
- **Contact Phone:** 617-665-1164