

Baby & Family Center

403 E. Highland Avenue
San Bernardino CA 92404
(909) 881-4420
sbmcBABY.org



St. Bernardine Medical Center

2101 N. Waterman Avenue
San Bernardino, CA 92404
(909) 883-8711
dignityhealth.org/stbernardinemedical

Physician referral call (800) 566-7262

Directions to the Baby & Family Center
at St. Bernardine Medical Center

- From the 210 Freeway, exit Waterman Avenue and head south
- Turn left on 21st Street
- Pass the main hospital entrance
- Turn left into the first driveway after the hospital's parking structure
- The Baby & Family Center is directly ahead



New Mother



Dignity Health.
St. Bernardine Medical Center

Maternal Child Services



Dignity Health.
St. Bernardine Medical Center

Baby & Family Center

“That special power of loving that belongs to a woman is seen most clearly when she becomes a mother.”

— St. Mother Teresa of Calcutta

Breast-feeding Center

Congratulations on the newest addition to your family and on your decision to breast-feed. It's one of the best decisions you can make for the health of your new baby, now and throughout his or her lifetime.

To help get the two of you started the right way and make breast-feeding a positive experience, Dignity Health's St. Bernardine Medical Center's caring staff is here to help. We invite you to visit our Baby & Family Center to meet with one of our specially-trained lactation consultants who can assist you with any questions, concerns or support you may need.

**Walk-in hours: Monday through Friday
10 am – Noon**

Our consultants are available to provide free support to all breast-feeding mothers. No appointment needed.



Baby & Family Center

at St. Bernardine Medical Center

Breast-feeding support group

Although breast-feeding is a natural process, many women struggle in the first few months to feel comfortable and confident with their decision. Dignity Health's "Mothers Helping Mothers" breast-feeding support group offers moms the opportunity to share their experiences, struggles and triumphs with other breast-feeding mothers in a warm and welcoming environment.



**Meeting times: Thursdays 1 pm
Open to all breast-feeding mothers**

Location: The Baby & Family Center at Dignity Health's St. Bernardine Medical Center.

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