

Help at Home: Postpartum & New Baby Support

KAISER PERMANENTE SAN JOSE MEDICALCENTER *serving Gilroy & Santa Cruz County*



Appointment and Advice Line:

Breastfeeding support available 24/7 at our Appointment and Advice Line. Our nurses can answer your questions and refer you for additional help if needed. **Call 408-362-4740**

San Jose Medical Center:

Newborn Care Center

Lactation consultants are available for one-on-one support and counseling to help you with breastfeeding challenges and develop individualized feeding plans.

276 International Circle, Building 1, Unit C, San Jose

Monday – Friday, 9AM – 4PM, by appointment

Saturday – Sunday, 9AM – 3PM, by appointment

Call 408-362-4740

Breast Pump Information:

After you deliver you may qualify for a double-electric retail-grade breast pump at no cost. Please call 1-800-464-4000 to determine if you qualify. If you qualify, please call 1(877)773-1972 and select option 2, to place your order.

New Order Website: breastpumps.byramhealthcare.com

Gilroy Medical Office Building:

Lactation Support

Monday – Friday, 9AM – 4PM, by appointment

Call 408-848-4684



Baby and Me Support Group:

A drop-in support group for new parents to address general breastfeeding questions, common parenting concerns and connect with others. Guest speakers may also present in-depth information on designated topics. For babies 2 weeks and older, not requiring an intensive lactation evaluation. *Kaiser Permanente members only.*

Mondays, 2:00-3:30PM

Fridays, 10:00-11:30AM

276 International Circle, Building 1, San Jose

Postpartum Emotional Health Support Group:

Learn coping skills, positive self-talk, and relaxation methods for handling stress and depression related to pregnancy and postpartum. Babies up to 1 year of age are welcome. For more information, **please call 408-972-3095**

Fridays, 10:00am-12:30pm

Drop-in Support Group

5755 Cottle Rd, Building 24, San Jose

Additional Community Resources:

Adjusting to Motherhood Support Group. For more information, please **call 408-475-4408**

Thursdays 10-11:30am

Family Tree Wellness: 431 Monterey Ave, Suite 7,
Los Gatos

1st Wednesday each month, 7-8:30pm

Tiny Tots: 138 Railway Ave, Campbell

Women, Infants, and Children (WIC):

Supplemental nutritional program for women, infants, and children up to 5 years of age. **Call 408-792-5101**

Online! Healthy Beginnings Newsletter:

Tips and resources to help you through your baby's first year. Subscribe through your baby's first year. Subscribe through your OBGYN provider's home page at kp.org/mydoctor