

Free Breastfeeding Support Groups

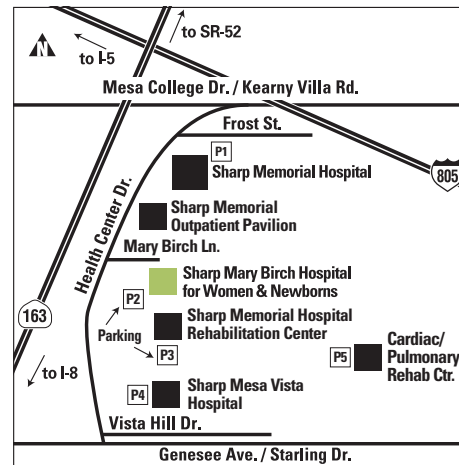
Mothers, fathers, loved ones and babies are welcome to attend a free support group about the joys and challenges of breastfeeding. This group is facilitated by an experienced lactation educator and is held in the Sharp Memorial Outpatient Pavilion. Registration is not necessary and parking is free with validation.

Mondays: 3 to 4:30 p.m.

Wednesdays and Fridays: 2 to 3:30 p.m.

The Sharp Memorial Outpatient Pavilion is located at 3075 Health Center Drive, directly next to Sharp Mary Birch. For more information about the free breastfeeding support group, call **858-939-4127**.

Sharp Mary Birch offers a variety of additional classes and support groups. To learn more, visit sharp.com/classes or call **1-800-82-SHARP** (1-800-827-4277).



New Beginnings Boutique & Gift Shop

Located on the first floor of
Sharp Mary Birch Hospital for Women & Newborns
3003 Health Center Drive
San Diego, CA 92123
858-939-4127

Free parking with purchase.



~ A Health Care Organization Designed Not For Profit, But For People ~

New Beginnings Boutique & Gift Shop



SHARP Mary Birch Hospital
for Women & Newborns



A Special Place for New Moms

New Beginnings Boutique at Sharp Mary Birch Hospital for Women & Newborns is a full-service breastfeeding resource center and specialty gift shop.



We offer breast pumps for sale and rent, breastfeeding accessories and the largest range of nursing bra sizes in San Diego. Our knowledgeable certified lactation educators can answer your breastfeeding questions, fit you for a nursing bra, help you find the right breast pump and much more.

New Beginnings Boutique also features a variety of baby-related gift items and keepsakes. Our friendly staff is happy to help pair your gift with flowers, cards, balloons or a gift certificate for that extra-special touch.

Unique Products and Services

For your comfort and convenience, we offer these specialty items and essentials:

- Pajamas and tops made specifically for nursing mothers
- A wide variety of baby clothing and other baby essentials (including sizes for premature babies)
- Toiletries, bottled water and snacks
- Gifts for new parents, siblings and grandparents
- Gift delivery to patient rooms
- Mothers' Milk Bank information for those interested in donating breastmilk
- Free access to a baby scale for weighing newborns

“All of the associates have been so friendly and an integral part of my breastfeeding experience. You can tell there is passion and pride in their voice and they are so informative on every topic. They put my mind at ease.”

— Hillary



Breast Pump and Scale Rental Rates*

Breast pumps are available for rentals of 8, 30 and 90 days.

Medela® Symphony® Breast Pump

8 days: \$3.80 per day, plus tax

30 days: \$3 per day, plus tax

90 days: \$2.50 per day, plus tax

To extend your rental, call 858-939-4127.

Pump attachment kits are available for purchase at an additional cost.

Medela® BabyWeigh™ Scale

\$3.50 per day, plus tax

**A \$50 deposit is required for all rentals.*

Hours

Monday through Friday, 9 a.m. to 6 p.m.

Saturday and Sunday, 9 a.m. to 5 p.m.

For more information, visit sharp.com/marybirch or call **858-939-4127**.