

Meet Leah Frankel



Leah Frankel is a Licensed Clinical Social Worker and Certified Lactation Counselor who specializes in parenthood and early childhood. Leah graduated with degrees in Psychology and Human Development from Indiana University and a Masters in Social Work from Washington University in St. Louis. Her advanced training includes a Post Master's Certificate from Washington University in Parenting and Family Strengthening Approaches to Enhance Child Well-Being, and a breadth of Evidence-Based practices and approaches including Love & Logic, Positive Parenting, Parenting Management Training, Parent-Child Interaction Therapy and Conscious Discipline.



Jewish Community Center
2 Millstone Campus Drive
St. Louis, MO 63146



Imanu: Supporting Our Mothers



Experience the education,
support and community that
makes motherhood wonderful.

The ONLY Jewish lactation
support in St. Louis!

jccstl.org
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Imanu

Imanu, or Our Mothers, is more than just a group of supportive and educational programs for mothers, it is an extension of welcome, warmth and comfort to all families who are new to the J. Through Imanu, you will find connection with other mothers, valuable information as you begin, or continue, your parenting journey, and the support you need to breastfeed your child. Imanu can be your motherhood shalom bayit, your shelter of peace.

All services take place in the Family Center of The J in Creve Coeur.

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Contact: Leah Frankel, MSW, LCSW, CLC at 314.442.3454 or lfrankel@jccstl.org



Lactation Support

Pregnant Mom Special

Get the support and information you need to get breastfeeding off to a great start and ensure that you meet your goals with confidence and comfort. This package includes:

- 60-minute prenatal consult to promote a great start to breastfeeding
- 60-minute postpartum consult to ensure comfortable nursing and answer questions
- Two 30-minute follow-up sessions to troubleshoot and ask additional questions or prepare to return to work

\$200m/\$225p

New Mom Special

Get the gift of comfortable, confident breastfeeding. The new mom special package includes:

- 60-minute postpartum consult to assess latch and position, answer questions, you have, and receive one-on-one support
- Two, 30-minute follow-ups for unexpected or additional questions and/or to create a breastfeeding plan

\$150m/\$175p

Individual Support Opportunities

30- & 60-minute Options

This is a great chance to have your latch and positioning assessed, ask questions, plan your goals, help you become comfortable and confident breastfeeding your baby or chat about your breastfeeding experience.

Expectant moms are encouraged to schedule a prenatal consult to learn ways to prepare for an easy transition to breastfeeding.

30-minute	\$45m/\$55p
60-minute	\$80m/\$95p

The Fourth Trimester

Join new mothers and babies in this class designed to give mothers a place to meaningfully connect with one another. Share, ask questions and find support and information around topics of motherhood in a safe and supportive environment. We will explore topics around motherhood, infant attachment and bonding, postpartum mood, self-care, changing relationships and more. Mothers will also meet special guests, including sleep specialists, medical professionals and postpartum health experts.

This series runs each Fall and Spring.

Nursing Moms Group

Join other new, and new again, mothers in a group setting to share your story, talk about your challenges and successes, and find support in a community of likeminded mothers. Free and open to all women.

Meets the last Tuesday of each month
11:00am – 12:00pm

