SEPTEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>To Contact a Breastfeeding Peer Counselor near you:</u> **Counselor:** (443) 262-4423, press 1 for the BFPC line **Danya Benton RN, IBCLC:** (410)-758-0720 ext: 4510 (BFPC Coordinator) **Upper Shore WIC Program**: Q.A.'s (443)262-4423 Kent (410) 810-0125		**1** **UMD-Easton** -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	**2** **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**3** **Union Hospital – Elkton** -10-11:30am – Breastfeeding basics -(443)245-7305 -$20	**4** **Anne Arundel Medical Center** -7pm – Breastfeeding and the working mother Support Group -(443)481-5555 -FREE	**5**
6	**7**	**8** **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	**9** **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**10** **Anne Arundel Medical Center** -9am – Breastfeeding support group -(443)481-6985 -FREE **YMCA – Easton** 9:30-11am – Breastfeeding Support Group -FREE	**11**	**12**
13	**14**	**15** **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	**16** **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**17**	**18**	**19**
20	**21**	**22** **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	**23** **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**24** **Anne Arundel Medical Center** -9am – Breastfeeding support group -(443)481-6985 -FREE	**25**	**26**

27	28	29 **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	30 **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**Services:** **- Peer Counselor program -** peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line.**- International Board Certified Lactation Consultant / Registered Nurse** – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510		

Breastfeeding is Baby's Best Start

OCTOBER 2015

Maryland WIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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4	5	6 **UMD-Easton** -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	7 **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	8 **Anne Arundel Medical Center** -9am – Breastfeeding support group -(443)481-6985 -FREE **YMCA – Easton** 9:30-11am – Breastfeeding Support Group -FREE	9	10
11	12	13 **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	14	15 **Union Hospital – Elkton** -10-11:30am – Breastfeeding basics -(443)245-7305 -$20	16	17 **Union Hospital – Elkton** -9-11:30am – Breastfeeding basics -(443)245-7305 -$20
18	19	20 **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	21 **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	22 **Anne Arundel Medical Center** -9am – Breastfeeding support group -(443)481-6985 -FREE	23	24

25	**26**	**27** **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	**28** **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**29**	**30**	**31**

Breastfeeding is Baby's Best Start

NOVEMBER 2015

Maryland WIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2**	**3** **UMD-Easton** -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	**4** **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**5**	**6** **Anne Arundel Medical Center** -7pm – Breastfeeding and the working mother Support Group -(443)481-5555 -FREE	**7**
8	**9**	**10**	**11**	**12**	**13**	**14**

		Union Hospital – Elkton -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	**Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**Anne Arundel Medical Center** -9am – Breastfeeding support group -(443)481-6985 -FREE **YMCA – Easton** 9:30-11am – Breastfeeding Support Group -FREE		**Union Hospital – Elkton** -9-11:30am – Breastfeeding basics -(443)245-7305 -$20 **Union Hospital – Elkton** -11:45-12:30– Expression & Storage -(443)245-7305 -$20
15	**16**	**17** **Union Hospital – Elkton** -10-11:30am – Breastfeeding Mom's Cafe -(443)245-7305 -FREE	**18** **Anne Arundel Medical Center** -7pm – Breastfeeding basics -(443)481-5555 -$40	**19**	**20**	**21**
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