



MARCH 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To Contact a Breastfeeding Peer Counselor near you: 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</p>		<p>1 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE UMD-Easton -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE</p>	<p>2 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40</p>	<p>3 Union Hospital – Elkton -6-7:30pm – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE</p>	<p>4 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding Support Group -(443)481-5555 -FREE</p>	
6	7	<p>8 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE</p>	<p>9 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40</p>	<p>10 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE</p>	11	12
13	14	<p>15 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE YMCA - Easton -4-6pm - Breastfeeding Support Group -443-949-5180 -FREE</p>	<p>16 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40</p>	<p>17 Union Hospital – Elkton -6-9:30pm – Breastfeeding basics -(443)245-7305 -\$20</p>	18	19
20	21	<p>22 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE</p>	<p>23 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40</p>	<p>24 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE</p>	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	31	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
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APRIL 2016



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3	4	5 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE UMD-Easton -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE	6 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	7 Union Hospital – Elkton -6-7:30pm – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	8	9
10	11	12 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	13 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	14 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE	15	16
17	18	19 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE YMCA - Easton -4-6pm - Breastfeeding Support Group	20 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	21	22	23

		-443-949-5180 -FREE				
24	25	26 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	27 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	28 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE Union Hospital – Elkton -6-9:30pm – Breastfeeding basics -(443)245-7305 -\$20	29	30

	<h1>MAY 2016</h1>						
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1	2	3 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE UMD-Easton -10-11:30 –Breastfeeding Support Group -410-822-1000 ext:5200 - FREE	4	5 Union Hospital – Elkton -6-7:30pm – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	6 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding 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		
15	16	17 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE YMCA - Easton -4-6pm - Breastfeeding Support Group -443-949-5180 -FREE	18 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	19	20	21
22	23	24 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	25 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$40	26 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6985 -FREE	27	28
29	30 Memorial Day	31 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	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 To Contact a Breastfeeding Peer Counselor near you: 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			