



Want to Make a Difference?

Become a NMC

Volunteer Breastfeeding Counselor

How does Nursing Mothers Counsel work?

Clients call our referral line, which is listed on NMC brochures, in the pink pages of the phone book, and on our website, www.nursingmothers.org. The referral line's outgoing message provides the phone numbers of several different counselors who may be called. If the client does not reach a counselor immediately, we encourage her to leave a detailed message. All calls will be returned within 24 hours. Clients and counselors remain in contact for as long as the mother wants support. Some mothers call with a quick question that can be answered in one conversation, while others enjoy an on-going relationship that lasts for a period of months. Most breastfeeding difficulties and questions are handled by telephone counseling. If further assistance is necessary, home visits may be provided within our geographic region.

How do I qualify to take the NMC training?

- To be a full member who counsels breastfeeding moms, you need to have successfully breastfed your own baby for six months.
- An affiliate member is a professional who takes the training for personal enrichment, but does not counsel moms on behalf of NMC. Nurses can receive 18 CEU's.

When is the training, and how do I sign up?

Wednesday evenings starting October, 27–December 8 from 6:00–9:00pm. (No meeting on November, 24). The class is a total of 18 hours. Pre-training orientation on October, 6, 7:00–8:30pm. Classes held at Dominican Hospital, Santa Cruz, Room E of the Education Center. Cost for full members is \$110. (Scholarships available). Affiliate members cost is \$325.

Contact Virginia Kaufman at 831 247–5461 or e-mail at ginnypk@comcast.net