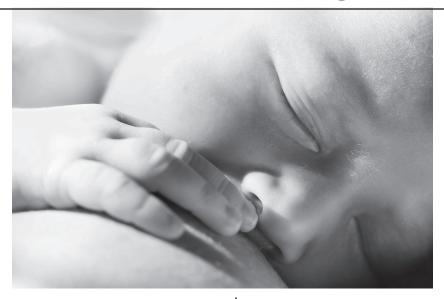
Prenatal Breastfeeding Workshop



A 3 hour class providing expectant parents with the information they need to get breastfeeding off to a great start.

- ▶ What to expect the first 4 weeks
- How to avoid problems
- How to ensure an abundant milk supply
- How to know if baby is getting enough
- When to ask for help
- Community Resources



Nursing Mothers Counsel is a non-profit, non-affiliated group dedicated to supporting the personal breastfeeding goals of all families. We've been helping moms and babies since 1955!

Breastfeeding Class **831-688-3954** www.nursingmothers.org

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WHERE The Santa Cruz Village | 730 Mission Street Suite 101 | Santa Cruz

WHEN Class repeats the 3rd Saturday of every month, 10:00 am – 1:00 pm.

February 15	August 16
March (NO CLASS)	September 20
April 19	October 18
May 17	November 15
June 21	December 20
July 19	

COST Free of Charge (suggested donation \$5 - \$20)

WHO SHOULD COME

First-time expectant parents, or experienced parents who want to refresh their skills. Feel free to invite anyone who will be providing you with postpartum support.

To register, or for more information, contact: Nursing Mothers Counsel 831-688-3954

Classes are fun, practical and interactive. Bring a doll or stuffed animal and several pillows so that we can practice latch and positioning.

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