



# MARCH 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>La Leche League of Southern Maryland</b> Free breastfeeding mom-to-mom help            lllofsomd@gmail.com Call/Text: <b>301-684-8235</b>            Free breastfeeding support group meetings            lllofsomd.weebly.com  <b>(Southern Maryland)</b>  <b>To Contact a Breastfeeding Specialist near you:</b>            Breastfeeding Coordinator: Susan Simpson, BSN, RN: (301)475-4362            Peer Counselor: Rae Mapson@301-609-6850</p>			<p><b>Hospitals</b>  <b>Calvert Memorial:</b> (410)535-4000  <b>Charles Regional Medical Center:</b> (301)609-4000  <b>Medstar St. Mary's:</b> (301)475-8981  <b>Southern Maryland:</b> (301)868-8000</p> <p><b>Legend:</b>  <b>BFSG-</b> Breastfeeding Support Group</p>			
1	2	3	<p><b>4</b>  <b>BFSG-</b>Medstar St. Mary's Health Connections 10am-12pm (301)997-6505  <b>BFSG-</b>Nurturing Necessities 1:30pm-3pm (410)414-5414</p>	5	<p><b>6</b>  <b>BFSG-</b>10:30-12pm at the Leonardtown Library</p>	7
8	<p><b>9</b>  <b>BFSG-</b>10:30 am-12:00 pm at the Harriet Elizabeth Brown Community Center,901 Dares Beach Road, Prince Frederick, MD 20678</p>	10	<p><b>11</b>  <b>SG-</b>Medstar St. Mary's Health Connections 10am-12pm (301)997-6505  <b>BFSG-</b>Nurturing Necessities 1:30pm-3pm (410)414-5414</p>	12	13	14
15	16	17	<p><b>18</b>  <b>BFSG-</b>Medstar St. Mary's Health Connections 10am-12pm (301)997-6505  <b>BFSG-</b>Nurturing Necessities 1:30pm-3pm (410)414-5414</p>	<p><b>19</b>  <b>BFSG-</b>5pm-7pm Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653</p>	20	21
22/29	23/30	24/31	25	26	27	28



# APRIL 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>(Southern Maryland)</b> <b>To Contact a Breastfeeding Specialist near you:</b> Breastfeeding Coordinator: Susan Simpson, BSN, RN: (301)475-4362 Peer Counselor: Rae Mapson@301-609-6850		<u>La Leche League of Southern Maryland</u> Free breastfeeding mom-to-mom help lllofsomd@gmail.com Call/Text: <b>301-684-8235</b> Free breastfeeding support group meetings lllofsomd.weebly.com		<b>Hospitals</b> <b>Calvert Memorial: (410)535-4000</b> <b>Charles Regional Medical Center: (301)609-4000</b> <b>Medstar St. Mary's: (301)475-8981</b> <b>Southern Maryland: (301)868-8000</b>		<b>Legend:</b> <b>BFSG- Breastfeeding Support Group</b>
			1	2	3 BFSG-10:30-12pm at the Leonardtown Library	4
5	6	7	8 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	9	10	11
12	13	14	15 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	16 BFSG-5pm-7pm Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653	17	18
19	20	21	22 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	23	24	25
26	27	28	29 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	30		

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# MAY 2020

Maryland **WIC**  
Better Nutrition Brighter Future

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<b>(Southern Maryland)</b> <b>To Contact a Breastfeeding Specialist near you:</b> Breastfeeding Coordinator: Susan Simpson, BSN, RN: (301)475-4362 Peer Counselor: Rae Mapson@301-609-6850		<u>Hospitals</u> <b>Calvert Memorial:</b> (410)535-4000 <b>Charles Regional Medical Center:</b> (301)609-4000 <b>Medstar St. Mary's:</b> (301)475-8981 <b>Southern Maryland:</b> (301)868-8000		<u>La Leche League of Southern Maryland</u> Free breastfeeding mom-to-mom help llofsomd@gmail.com Call/Text: <b>301-684-8235</b> Free breastfeeding support group meetings llofsomd.weebly.com		
<b>Legend:</b> <b>BFSG-</b> Breastfeeding Support Group					1	2
3	4	5	6 <b>BFSG-Medstar St. Mary's Health Connections</b> 10am-12pm (301)997-6505 <b>BFSG-Nurturing Necessities</b> 1:30pm-3pm (410)414-5414	7	8 <b>BFSG-10:30-12pm</b> at the Leonardtown Library	9
10	11	12	13 <b>BFSG-Medstar St. Mary's Health Connections</b> 10am-12pm (301)997-6505 <b>BFSG-Nurturing Necessities</b> 1:30pm-3pm (410)414-5414	14	15	16
17	18	19	20 <b>BFSG-Medstar St. Mary's Health Connections</b> 10am-12pm (301)997-6505 <b>BFSG-Nurturing Necessities</b> 1:30pm-3pm (410)414-5414	21 <b>BFSG-5pm-7pm</b> Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653	22	23
24/31	25 <b>Memorial Day</b>	26	27 <b>BFSG-Medstar St. Mary's Health Connections</b> 10am-12pm (301)997-6505 <b>BFSG-Nurturing Necessities</b> 1:30pm-3pm (410)414-5414	28	29	30

