



DECEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule. Breastfeeding Classes also available in Spanish Call 410-313-5893 to schedule To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510				Services: Howard County <ul style="list-style-type: none"> ☎ Peer Counselor support ☎ Group BF Classes ☎ Individual BF Classes ☎ Electric pump demo ☎ Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		
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2	3 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	4	5 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	6 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	7	8
9	10 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	11	12 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	13 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	14	15
16	17 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	18	19 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	20 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	21	22
23/30	24/31 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	25 Christmas Day	26 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	27 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	28	29



JANUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Services: Howard County <ul style="list-style-type: none"> ☎ Peer Counselor support ☎ Group BF Classes ☎ Individual BF Classes ☎ Electric pump demo ☎ Loaner Electric Pumps for moms returning to school/work Returning to work/school BF classes 		1 New Year's Day	2 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	3 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	4	5
6	7 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	8	9 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	10 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	11	12
13	14 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	15	16 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	17 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	18	19
20	21 Martin Luther King, Jr Day	22	23 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	24 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	25	26
27	28 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	29	30 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	31 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule. Breastfeeding Classes also available in Spanish Call 410-313-5893 to schedule	To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 Howard County WIC Program: (410) 313-7510



FEBRUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule. Breastfeeding Classes also available in Spanish Call 410-313-5893 to schedule Howard County WIC Program: (410) 313-7510		Services: Howard County <ul style="list-style-type: none"> ☎ Peer Counselor support ☎ Group BF Classes ☎ Individual BF Classes ☎ Electric pump demo ☎ Loaner Electric Pumps for moms returning to school/work ☎ Returning to work/school BF classes 		To Contact a Breastfeeding Counselor near you: Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630	1	2
3	4 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	5	6 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	7 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	8	9
10	11 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	12	13 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	14 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	15	16
17	18 Presidents' Day	19	20 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	21 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	22	23
24	25 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	26	27 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	28 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm		

25	26 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	78	28 Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	29 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	30
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