



# DECEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>La Leche League of Southern Maryland</b> 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>(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	4	5 <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	6	7 <b>BFSG-</b> 10:30-12pm at the Leonardtown Library	8
9	10 <b>8BFSG-</b> 10:30 am-12:00 pm at the Harriet Elizabeth Brown Community Center,901 Dares Beach Road, Prince Frederick, MD 20678	11	12 <b>13</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	11	14	15
16	17	18	19 <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	20 <b>BFSG-</b> 5pm-7pm Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653	21	22
23/30	24/31	25 <b>Christmas Day</b>	26 <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	27	28	29



# JANUARY 2019



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		<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>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		<b>Legend:</b> <b>BFSG-</b> Breastfeeding Support Group
		1	2 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	3	4 BFSG-10:30-12pm at the Leonardtown Library	5
6	7	8	9 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	10	11	12
13	14	15	16 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	17 BFSG-5pm-7pm Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653	18	19
20/27	21 Martin Luther King Jr. Day  28	22/29	23/30 BFSG-Medstar St. Mary's Health Connections 10am-12pm (301)997-6505 BFSG-Nurturing Necessities 1:30pm-3pm (410)414-5414	2/31	25	26



# FEBRUARY 2019



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		<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		<b>La Leche League of Southern Maryland</b> 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					<b>1</b> <b>BFSG-10:30-12pm</b> at the Leonardtown Library	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> <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	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <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	<b>14</b> <b>BFSG-5pm-7pm</b> Lexington Park Library, 21677 Franklin Delano Roosevelt Blvd, Lexington Park, MD 20653	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b> <b>Presidents ' Day</b>	<b>19</b>	<b>20</b> <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	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <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	<b>28</b>		

