



DECEMBER 2018



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



JANUARY 2019



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

