



DECEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 Ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (443)262-4423 Kent (410) 810-0125</p>		<p>Services:- Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 2 for the BFPC line.- International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 Ext: 4510 La Leche League (LLL)-Please refer to website for more information: http://www.lllofmd-de-dc.org/</p>				1
2	3	<p>4 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE</p>	<p>5 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE</p>	<p>6 Union Hospital – Elkton -6:30-9pm – Breastfeeding Basics -(443)245-7305 -FREE (if enrolled in birthing class)</p>	<p>7 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE</p>	8
9	10	11	<p>12 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE</p>	<p>13 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE</p>	14	15
16	17	<p>18 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE YMCA - Easton -4- 6pm - Breastfeeding Support Group -443- 949-5180 -FREE</p>	<p>19 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE</p>	20	21	22

23/30	24/31	25 Christmas Day	26 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	27	28	29
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JANUARY 2019



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		<p>1 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE</p>	<p>2 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE</p>	<p>3</p>	<p>4 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE</p>	<p>10 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE</p>	<p>11</p>	<p>12</p>
<p>13</p>	<p>14</p>	<p>15 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group</p>	<p>16 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE</p>	<p>17</p>	<p>18</p>	<p>19</p>

		-410-822-1000 ext:5200 -FREE YMCA - Easton -4- 6pm - Breastfeeding Support Group -443- 949-5180 -FREE				
20	21 Martin Luther King, Jr. Day	22	23 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	24 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE	25	26
27	28	29	30 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	31 Union Hospital – Elkton -6:30-9pm – Breastfeeding Basics -(443)245-7305 -FREE (if enrolled in birthing class)		

		<h1>FEBRUARY 2019</h1>				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (443)262-4423 Kent (410) 810-0125		La Leche League (LLL)-Please refer to website for more information: http://www.llofmd-de-dc.org/	Services:- Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 2 for the BFPC line.- International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510			
3	4	5	6	7	8 1 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE	9 2

		UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE			
10	11	12	13 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	14 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE	15	16
17	18 Presidents’ Day	19 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE YMCA - Easton -4- 6pm - Breastfeeding Support Group -443- 949-5180 -FREE	20 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	21	22	23
24	25	26	27 Union Hospital – Elkton -10-11:30am – Lactation Club -(443)245-7305 -FREE	28 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE		