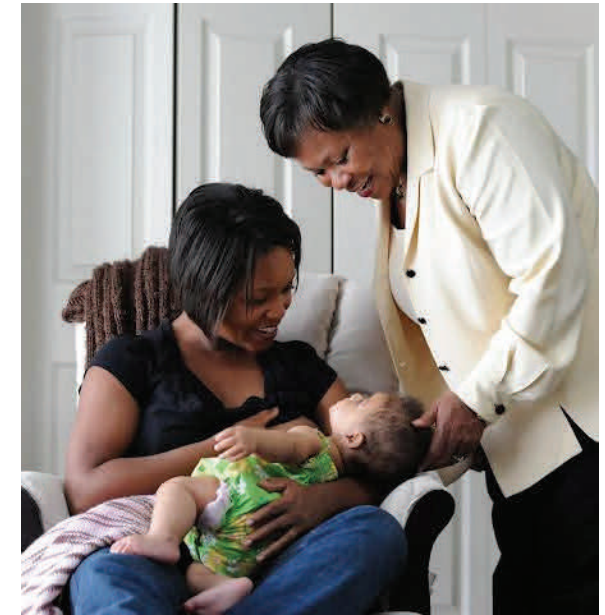




Mary Wachsmuth, IBCLC
 Program Coordinator
 and
 Lactation Consultant
 Phone : (503) 708-7837

Group topics include:

- “Congratulations, you’re pregnant! Now what?”
- “Your Amazing Body and Fascinating Newborn”
- “Your baby’s natural habitat”
- “Getting ready before the new arrival”
- “Developing my breastfeeding relationship”
- “Infant massage”
- “Starting solids”



Groups start at 4 months of pregnancy!

Enjoy groups with moms that are due the same month!
 Call soon to join before they fill up!

Accepting mamas until 28 weeks of pregnancy.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

In accordance with Federal law and USDA policy, WIC is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

**WIC
 Breastfeeding Peer
 Counselor
 Program**



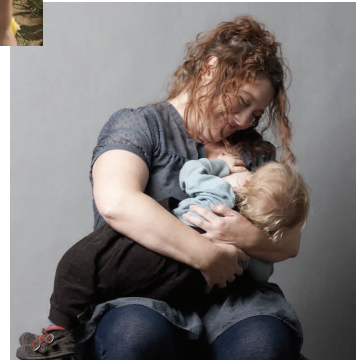


Estela Jimenez

Your WIC Breastfeeding Peer Counselors



Joanna
Aranda -
Lopez



Lea
Lipscomb

The Peer Program Includes

- ◆ Access to your peer counselor by phone, including evenings and weekends
- ◆ Access to the only WIC IBCLC
- ◆ 12 monthly groups with women with the same due date month, including 6 prenatal and 6+ postpartum groups
- ◆ Fathers, grandparents and other support people are welcome
- ◆ A dedicated peer counselor that supports *your* breastfeeding goals

*We are compassionate, caring,
and here to support you!*

A WIC Breastfeeding Peer Counselor is a woman who:

- ◆ Breastfed her baby and has been a WIC participant
- ◆ Has completed advanced breastfeeding trainings and counseling courses
- ◆ Shares accurate breastfeeding information
- ◆ Gives you support before and after your baby is born
- ◆ Is only a phone call away!

African American Breastfeeding Groups

- ◆ Breastfeeding support group for moms seeking sisterhood.
- ◆ Learn about breastfeeding from an African American perspective
- ◆ Don't go through your pregnancy alone, share and learn with other moms.
- ◆ Similar breastfeeding curriculum
- ◆ At Northeast and Gateway

Grayce Bentley

