



MedStar Health

NEW FREE Breastfeeding Support Group

Whether you're a first-time mom or expanding your family, our in-person Breastfeeding Support Group is here to empower you on your breastfeeding journey. In this warm and welcoming environment, we aim to provide a space for mothers to connect, share experiences, and gain valuable information and support on their breastfeeding journey. Share your experiences, triumphs, and questions with fellow mothers and engage with experienced lactation consultants to get personalized guidance, troubleshoot challenges, and receive evidence-based information to enhance your breastfeeding confidence. Our group fosters a sense of community where you can build friendships and find encouragement from those who understand your journey.

Weighted feeds, flange fittings available and light refreshments provided. Open to patients of MMMC and the community.

**Meets every Saturday,
1:00 p.m. -2:30 p.m.**

Location:

Community Learning Center C -
2nd Floor

MedStar Montgomery
Medical center
18101 Prince Philip Dr.
Olney MD, 20832



To register, please call **301-774-8881** option **4** for classes and events.
Registration encouraged but drop ins are welcome.