

The Mom's Support Group

Join Us for this Free Support Group

This ongoing support group provides an opportunity for moms and babies to get together in a relaxed environment to express the joys and concerns of nursing. See below for a list of upcoming dates/topics.

- **April 4:** Expressing and Storing Milk
- **April 11:** Breastfeeding in Public
- **April 18:** The Emotional Needs of the Breastfeeding Mother
- **April 25:** Night Time Needs
- **May 2:** NO GROUP
- **May 9:** Breastfeeding Challenge: Engorgement, Plugged Ducts, Mastitis, and Sore Nipples
- **May 16:** Benefits of Breastmilk
- **May 23:** Becoming a Couple Again
- **May 30:** Diet for Lactation Calcium Needs
- **June 6:** Increasing Your Milk Supply and Growth Spurts
- **June 13:** Introducing Solids
- **June 20:** Your Baby's Nursing Strike
- **June 27:** Weaning Your Baby Slowly or Abruptly



Date

Every Thursday

Time

11:00 am – 12:15 pm

Location

1100 South Eliseo Drive
Community Classroom
Greenbrae, CA

Registration

Drop-ins are welcome and no sign-up is required. All mothers are invited to join regardless of where they delivered.

Our group is facilitated by a Registered Nurse/International Board Certified Lactation Consultant.