

Breast Friends Mommy Group

A group for pregnant and
breastfeeding mothers

Sponsored by:

West Oakland Health Council

At two Oakland locations:

700 Adeline Street

WEST OAKLAND HEALTH CENTER

3rd Tuesday of every month

&

7450 International

EAST OAKLAND HEALTH CENTER

3rd Thursday of every month

For more information contact:

West Oakland Health Council

**Women Infants and
Children (WIC) Program**

510-302-3734

Breastfeeding Warmline:

510-613-2219



All are welcome! Refreshments served.

Make new **friends** with other **breastfeeding** mothers
Connect with local **lactation consultants** and counselors
Join **playgroups** and other **family activities**

Pregnant mothers

- Preparation for labor, birth and breastfeeding
- Healthy eating on a tight budget with delicious food demonstrations
- Connections to providers and programs for you and your family



Breastfeeding mothers

- Mother-to-mother advice
- Board Certified Lactation Consultant on site as needed
- Experienced Peer Counselors with you through ups & downs and guidance through transitions to school or work



Mothers of toddlers

- Mother-to-mother resource sharing
- Invitations to playgroups and developmental programs
- Experienced advice on weaning, breastfeeding multiples, and more

