



# Let's Talk...

## MOTHER *to* MOTHER

### MOTHERS KNOW BEST.

*And who better to help you address the challenges of breastfeeding than other new moms!*

The **MOTHER-TO-MOTHER SUPPORT GROUP** at OCH Regional Medical Center is designed to support expectant, breastfeeding and new mothers as they care for the new addition to their families. This support group, which is led by a board certified lactation consultant and perinatal educator, will be held on the second Tuesday of each month from 5:30 until 6:30 p.m. in the 4th floor OCH WIC Lactation Clinic area. Mothers will have the chance to speak with professionals on the topics of working while breastfeeding, family nutrition, finding the best daycare, car seat safety and much more.



**MOTHER *to* MOTHER**

*at OCH Regional*

*Join us!*

|             |           |             |
|-------------|-----------|-------------|
| January 14  | May 9     | September 8 |
| February 11 | June 12   | October 13  |
| March 10    | July 14   | November 10 |
| April 14    | August 11 | December 8  |

5:30-6:30 p.m.

*Refreshments • Siblings Welcomed*

Call **(662) 615-3364** for more information.