



## Healthier Communities

# Breastfeeding Support Information and Support for Success

### Breastfeeding Group

The early weeks of breastfeeding can be challenging. **Breastfeeding should not hurt.** Come with your newborn and receive expert help from lactation consultants and counselors. Sleepy babies, gassy babies, burping, pumping and weight gain are some of the topics that will be discussed. Surrounded by other moms and babies, you will gain confidence in breastfeeding. Along with hands-on help from an expert, learn from more experienced moms who can share tips, challenges and emotions they experienced the first few weeks. Come as you are to this very informal, warm and welcoming environment. These group sessions are free and registration is not required. You are welcome to attend during pregnancy. Please call **616.391.5000** for more information or for weather related or holiday cancellations.

### Dates and Locations

Day of the Week	Location
Every Tuesday from 12:30 p.m. to 2 p.m.	Spectrum Health South Pavilion 80 68th St. SE, Grand Rapids Community Room
Every Wednesday from 6:30 p.m. to 8 p.m. Or Every Thursday from 12:30 p.m. to 2 p.m.	Spectrum Health Healthier Communities 665 Seward Ave. NW, Suite 210 Grand Rapids

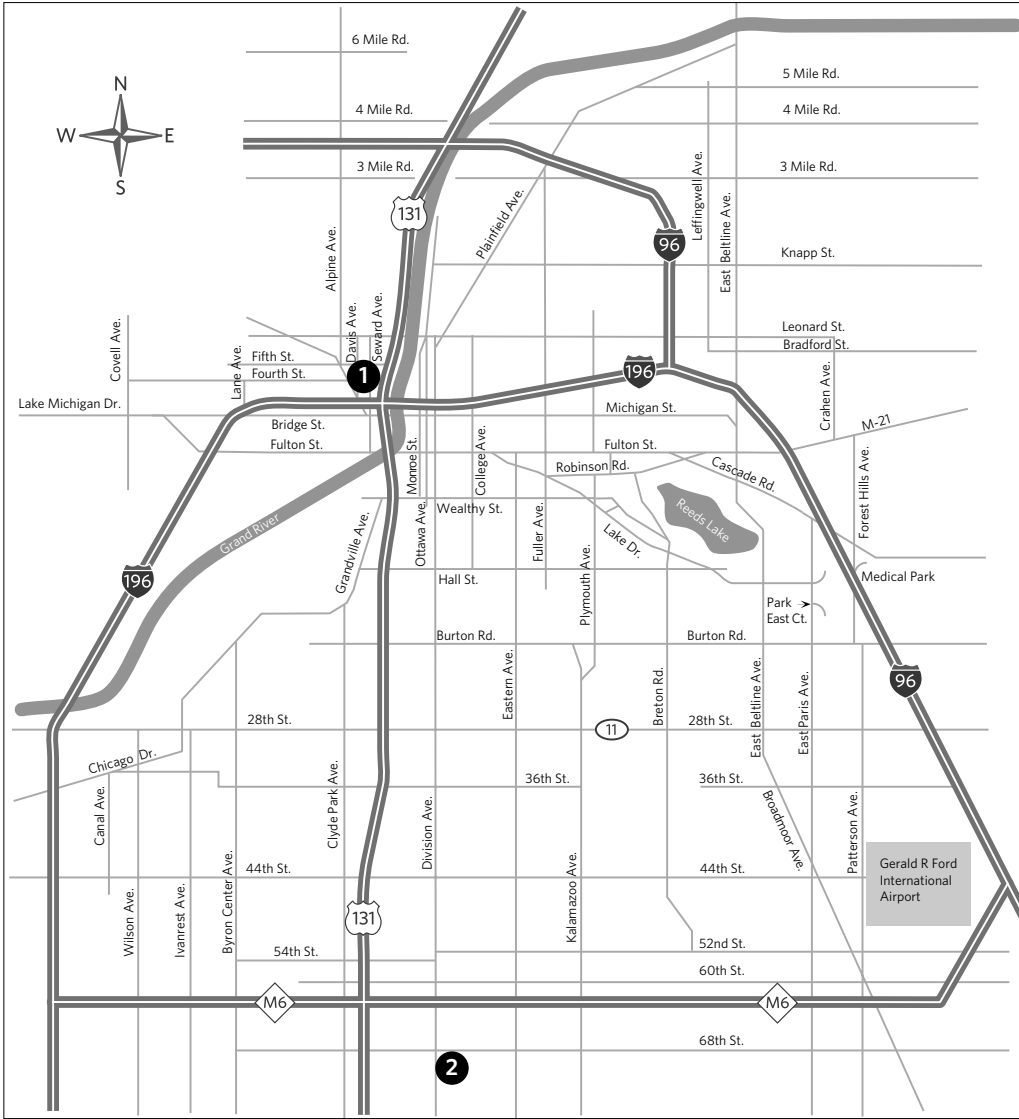
Call for schedule changes around major holidays. Free parking on-site.

### Comments from recent Breastfeeding Group participants:

*"I wish I would have known about this group with my first baby. This group has changed my nursing experience for the better!"*

*"I appreciate the support coming to this group has provided. I love having a place to share the struggles and victories of breastfeeding."*

Healthier Communities 616.391.5000



- 1** Spectrum Health Healthier Communities  
John Widdicomb Building  
665 Seward Ave. NW, Suite 210,  
Grand Rapids
- 2** Spectrum Health South Pavilion  
Community Room  
80 68th St. SE, Grand Rapids

