



Breastfeeding Support Group/Class at Salem Nurse Midwives

Support Group 1:30-2:30 p.m.

- *Topics of discussion change each month
- *Come for support and to ask questions or provide support to other mothers
- *Build connections with other breastfeeding mothers in our community

Mothers-to-be and currently breastfeeding mothers are welcome to attend.

Breastfeeding Class 2:30-3:30 p.m.

Getting the best start, ways to increase success, easy solutions for common difficulties, nutrition and resources are all covered.

Mothers-to-be and currently breastfeeding mothers are welcome to attend.

Date/Time:

First Thursday of each month
1:30-3:30 p.m.

Location:

1535 State St
Salem, OR 97301

Please pre-register by calling (503)364-3787.