



*Our mission is to prevent child abuse and neglect*

### **Breastfeeding class**

2nd Thursday of each month at  
2:00pm.

- Geared towards pregnant women and their families
- Addresses what to expect when breastfeeding a new baby

### **Breastfeeding group**

Potluck meeting: 2nd Friday  
of each month @6pm

Hands free breastfeeding: 4th Saturday  
of each month @10am

- Support for breastfeeding mothers
- Get help with breastfeeding questions

### **Pumping class**

Available by appointment only

- Geared towards mothers returning to work & school
- Addresses how to maintain a milk supply after returning to work & school.

RCPC WIC is committed to helping you breastfeed your baby—726 26<sup>th</sup> Avenue  
All classes & groups are led by a breastfeeding peer counselor. Classes & meetings are **FREE**,  
available to all WIC clients. Have questions? Call **456-9075** for more information!

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