



Prenatal Breastfeeding Classes

It is normal to have questions and concerns about breastfeeding your newborn. Join us for this two hour class so you can get your baby off to a good start and avoid common problems. Successful breastfeeding often depends on the help and encouragement you receive. Therefore, we recommend bringing your support partner with you.

**See website or call (208) 367-3454
for class dates.**



Breastfeeding Mothers Support Group

Tuesdays, 11:00AM-12:00PM

Gather with breastfeeding mothers to learn and support each other in all stages of breastfeeding. No matter the topic, come share your experience, receive encouragement and get your questions answered.



**No Registration Needed
Join Us Anytime!**

www.facebook.com/SaintAlsBaby



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