

Departamento de Salud del Condado Anne Arundel Programa WIC

Clases y Grupos de Apoyo de Amamantamiento

Aprenda como amamantar con éxito!

Hable con otras madres que están dando de mamar, discuta experiencias y comparta información.

Clases de Amamantamiento

Annapolis

- Miércoles, 2 Enero 2019
5:00 p.m. - 6:00 p.m.
- Viernes, 25 Enero 2019
11:00 a.m. - mediodía
- Miércoles, 6 Febrero 2019
5:00 p.m. - 6:00 p.m.
- Viernes, 22 Febrero 2019
11:00 a.m. - mediodía
- Miércoles, 20 Marzo 2019
5:00 p.m. - 6:00 p.m.
- Viernes, 22 Marzo 2019
11:00 a.m. - mediodía

Condado Norte

- Miércoles, 9 Enero 2019
5:00 p.m. - 6:00 p.m..
- Martes, 22,2019
10:00 a.m. - 11:00 a.m.
- Miércoles, 23 Enero 2019
5:00 p.m. - 6:00 p.m..
- Miércoles, 13 Febrero 2019
5:00 p.m. - 6:00 p.m.
- Martes, 26 Febrero 2019
10:00 a.m. -11:00 a.m.
- Miércoles, 27 Febrero 2019
5:00 p.m. - 6:00 p.m.
- Martes, 13 Marzo 2019
5:00 p.m. - 6:00 p.m.
- Martes, 26 Marzo 2019
10:00 a.m. - 11:00 a.m.
- Miércoles, 27 Marzo 2019
5:00 p.m. - 6:00 p.m.

Grupos de Apoyo de Amamantamiento

Annapolis

- Viernes, 11 Enero 2019
9:30 a.m. - 11:30 a.m.
- Viernes, 25 Enero 2019
9:30 a.m. - 10:30 a.m.
- Viernes, 8 Febrero 2019
9:30 a.m. - 11:30 a.m.
- Viernes, 22 Febrero 2019
9:30 a.m. - 10:30 a.m.
- Viernes, 8 Marzo 2019
9:30 a.m. - 11:30 a.m.
- Viernes, 22 Marzo 2019
9:30 a.m. - 10:30 a.m.

North County

- Jueves, 3 Enero 2019
9:30 a.m. - 11:30 a.m.
- Jueves, 17 Enero 2019
9:30 a.m. - 11:30 a.m.
- Jueves, 7 Febrero 2019
9:30 a.m. - 11:30 a.m.
- Jueves, 21 Febrero 2019
9:30 a.m. - 11:30 a.m.
- Jueves, 7 Marzo 2019
9:30 a.m. - 11:30 a.m.
- Jueves, 21 Marzo 2019
9:30 a.m. - 11:30 a.m.

Annapolis - 3 Harry S. Truman Parkway, Annapolis, MD 21401

Condado Norte - 791 Aquahart Road, Glen Burnie, MD 21061

Invitamos a las mujeres embarazadas y mujeres que esten amamantando a atender estos programas. Traiga a su pareja o a su mejor amigo(a). Los niños son bienvenidos!

Traiga su folder del Programa del WIC.

Los Beneficios de WIC serán entregados en la sesión a los participantes que se les deba beneficios. Llame al 410-222-0139 para información adicional. Esta institución provee igualdad de oportunidad y empleos. www.aasalud.org

Anne Arundel County Department of Health WIC Program

Breastfeeding Classes & Support Groups

Learn how to breastfeed successfully!

Talk to other breastfeeding moms, discuss experiences and share information.

Breastfeeding Classes

Annapolis

- Jan. 2, 2019
5:00 p.m. - 6:00 p.m.
- Jan. 25, 2019
11:00 a.m. - noon
- Feb. 6, 2019
5:00 p.m. - 6:00 p.m.
- Feb. 22, 2019
11:00 a.m. - noon
- March 20, 2019
5:00 p.m. - 6:00 p.m.
- March 22, 2019
11:00 a.m. - noon

North County

- Jan. 9, 2019
5:00 p.m. - 6:00 p.m.
- Jan. 22, 2019
10:00 a.m. - 11:00 a.m.
- Jan. 23, 2019
5:00 p.m. - 6:00 p.m.
- Feb. 13, 2019
5:00 p.m. - 6:00 p.m.
- Feb. 26, 2019
10:00 a.m. - 11:00 a.m.
- Feb. 27, 2019
5:00 p.m. - 6:00 p.m.
- March 13, 2019
5:00 p.m. - 6:00 p.m.
- March 26, 2019
10:00 a.m. - 11:00 a.m.
- March 27, 2019
5:00 p.m. - 6:00 p.m.

Breastfeeding Support Groups

Annapolis

- Jan. 11, 2019
9:30 a.m. - 11:30 a.m.
- Jan. 25, 2019
9:30 a.m. - 10:30 a.m.
- Feb. 8, 2019
9:30 a.m. - 11:30 a.m.
- Feb. 22, 2019
9:30 p.m. - 10:30 p.m.
- March 8, 2019
9:30 a.m. - 11:30 a.m.
- March 22, 2019
9:30 a.m. - 10:30 a.m.

North County

- Jan. 3, 2019
9:30 a.m. - 11:30 a.m.
- Jan. 17, 2019
9:30 a.m. - 11:30 a.m.
- Feb. 7, 2019
9:30 a.m. - 11:30 a.m.
- Feb. 21, 2019
9:30 a.m. - 11:30 a.m.
- March 7, 2019
9:30 a.m. - 11:30 a.m.
- March 21, 2019
9:30 a.m. - 11:30 a.m.

Annapolis - 3 Harry S. Truman Parkway, Annapolis, MD 21401

North County - 791 Aquahart Road, Glen Burnie, MD 21061

**Pregnant and breastfeeding women are encouraged to attend these programs.
Bring your partner or a supportive friend. Children are welcome!**

Bring your WIC I.D. folder.

WIC benefits will be given at the end of the session to participants who are due benefits. Call 410-222-0085 for additional information.

This institution is an equal opportunity provider and employer. www.ahealth.org/wic