



H.U.G.S Breastfeeding Café *support for pregnant women & mothers*

H.U.G.S., Helping Us Grow Strong, is a weekly support group uniquely designed for pregnant and breastfeeding women of color guided by lactation coaches and parent peers who are also women of color. In a comfortable and friendly environment, women build relationships, receive social support and share breastfeeding advice.

Learn:

- To latch your baby the *right* way
- Your baby's feeding cues
- How to pump and store milk
- Breast care
- How to include dad
- Other topics

Mothers will enjoy educational activities and receive supplies to help achieve breastfeeding success! Call 616-391-3940 for more information.

Walk-ins welcome!

Day/Time: Every Wednesday from 12:30p.m. to 2:00p.m.
Location: City Life Church
574 S. Division Avenue
Grand Rapids, MI 49503

LIMITED TRANSPORTATION & LIMITED CHILDCARE PROVIDED

Strong Beginnings is a partnership of the following community agencies:
Arbor Circle, Cherry Health, Grand Rapids African American Health Institute, Healthy Kent Infant Health Action Team, Kent County Health Department, Mercy Health, Metro Health Community Clinic, Spectrum Health