



Ascension
St. Vincent's

Breastfeeding Basics

Join our no-cost breastfeeding class to learn the basics of latching, milk supply, and how to prepare before your baby arrives. Led by a board-certified lactation consultant, this class offers a supportive and friendly space to ask questions, build confidence, and feel more prepared for your breastfeeding journey.

We encourage you to attend during pregnancy and select your baby's pediatrician in advance, ideally one who supports and encourages your breastfeeding goals.

After class, please stay for a guided tour of our labor and postpartum suites.

Dates

July 11

August 15

September 12

October 3

November 14

December 5

Agenda

Time: 10 a.m. -12 p.m.

Cost

Free



St. Vincent's Southside Family Birth Place

4201 Belfort Rd.

Bryan Auditorium

Ground floor inside hospital

Please register 904-296-5212