



# Breastfeeding Support Group

Congratulations on your new baby

Join us for a supportive and welcoming group where you can connect with others and share your breastfeeding journey.

Whether you're navigating newborn behavior, maintaining milk supply, returning to work, or adjusting to night feedings, we've got you covered. Plus, all sessions are guided by an experienced IBCLC (International Board Certified Lactation Consultant).

This group is open to mothers and infants up to 6 months old.

Third Wednesday of each month  
10:00 - 11:30 a.m.

Ascension Sacred Heart Emerald Coast  
Family Birth Place  
7800 U.S. 98  
Miramar Beach, FL 32550

**Registration is not  
required.**  
For more information  
contact  
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