

### Breastfeeding Support Resources

#### Washington County WIC Program

240-313-3335

- Peer counselor and Certified Lactation Educator (CLE)
- Breastfeeding Class  
Tuesdays at 11am
- Spanish Breastfeeding Class  
1<sup>st</sup> and 3<sup>rd</sup> Thursdays at 3pm
- Support group  
Wednesdays at 10:30am
- Individual and Phone consults (English and Spanish)

All services free to WIC participants.

#### Meritus Medical Center

#### Warmline and breastfeeding information

301-790-8530

- Lactation Consultant available to answer your questions.
- Breastfeeding class  
1<sup>st</sup> Saturday of month, 1:00-3:30 pm, free, open to all, call to register: 301-790-8214.
- Breastfeeding support group  
2<sup>nd</sup> and 4<sup>th</sup> Friday of month 1:00-2:30pm free open to all. Both class and support group held at the Robinwood

Professional Center, Suite 122 (green entrance), Hagerstown, MD

Fee for some services.

Call for more information.

## Community Breastfeeding Resources

La Leche League | [www.llofmd-de-dc.org](http://www.llofmd-de-dc.org)

Free telephone help

Peer support groups (see website for dates / times)

Call Megan for info: 301-665-9226

## Breastfeeding Websites

- Maryland Breastfeeding Coalition  
[www.mdbfc.org](http://www.mdbfc.org)
- Maryland WIC Program  
[www.mdwic.org](http://www.mdwic.org)
- Office on Women's Health  
[www.womenshealth.gov/breastfeedingw](http://www.womenshealth.gov/breastfeedingw)  
[www.womenshealth.gov/itsonlynatural](http://www.womenshealth.gov/itsonlynatural)