



Bellies & Babies

Breastfeeding Group - Norristown

- Pregnant or breastfeeding? Learn how to get off to a great start, and get answers to all your questions.
- Two group meetings each month.
- Open discussions about everything baby-related!
- Meet other new moms and moms-to-be.
- Free one-on-one visits with a lactation consultant.
- Prenatal breastfeeding classes for pregnant people.
- **Receive free diapers at every group meeting!**

The group is for pregnant and breastfeeding people who are receiving government assistance (Food Stamps, SSI, WIC, Medical assistance, etc.) or are uninsured. The group meets the the first Tuesday and third Saturday of every month at 11am in the Norristown library, children's area. Breastfeeding classes will be held on the third Saturday of every other month, at 12:30pm.

To Sign Up, Refer Or Ask Questions

Text (571) 487-0669

Group meetings held at the Norristown Library, 1001 Powell Street.

BROUGHT TO YOU BY



**Starts Tuesday,
January 3, 2023**