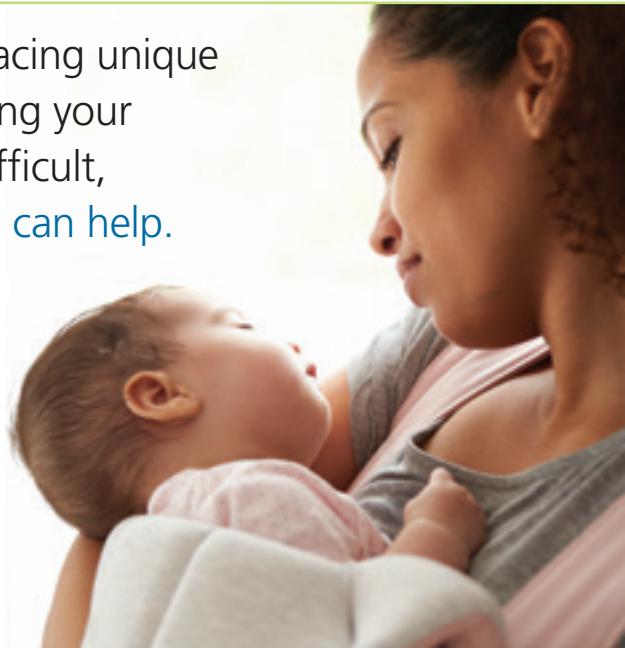


Your own journey. Your own goals. Get the breastfeeding support you need.

If you or your baby are facing unique challenges that are making your breastfeeding journey difficult, **our virtual drop-in group can help.**

Gain the skills and confidence you need from experts alongside other families who are going through similar experiences.



Drop into one of our virtual meetings.

Tuesdays, 6:00 – 7:30 p.m.*

Register in advance for this meeting:

<https://urmc.zoom.us/meeting/register/u5UscuCupjlsHQqbvNHcHgpv1tLokBCC0w>

After registering, you will receive a confirmation email containing information about joining the meeting.

*Except national holidays

For more information, call **(585) 276-MILK (6455)**
or visit **breastfeeding.urmc.edu**.

Together with UR Medicine's
Golisano Children's Hospital, we can help.

