



The **ROC City Baby Cafés** invite you to join us virtually for any of our scheduled sessions.

Breastfeeding/chestfeeding/lactation support, education, and guidance is available from lactation professionals. Any pregnant or breastfeeding parent in the community, at any stage in their breastfeeding journey is welcome. All sessions are FREE.

### PRENATAL ZOOM SESSION

#### What To Know About Breastfeeding/ Chestfeeding Before Your Baby Arrives

#### WEDNESDAYS

Meets first Wednesday of every month,  
5:00pm–6:30pm

Please join us virtually for a discussion about breastfeeding basics and tips for achieving your infant feeding goals, including:

- Benefits of Skin-to-Skin
- Normal Newborn Behavior
- Feeding Facts
- Positioning & Latch Techniques
- Making & Maintaining Milk Supply
- Addressing Common Concerns
- How To Obtain A Breast Pump



Registration required for prenatal session only

<https://tinyurl.com/prenatalbabycafe>

### ZOOM SESSIONS

#### MONDAYS

Every Monday, 5:00pm–7:00pm (closed on Holidays)

Join from your device:

<https://urmc.zoom.us/j/422399391>

Meeting ID: 422 399 391

#### TUESDAYS

Every Tuesday, 10:30am–12:30pm (closed on Holidays)

Join from your device:

<https://urmc.zoom.us/j/768483216>

Meeting ID: 768 483 216

#### WEDNESDAYS

Every Wednesday, 1:00pm–3:00pm (closed on Holidays)

Join from your device:

<https://urmc.zoom.us/j/443703723>

Meeting ID: 443 703 723

Or dial in to any of the meetings:

iPhone: one-tap (US Toll): +16468769923, 443703723#

or +13126266799, 443703723#

Telephone: (646) 876-9923

For more information, visit [rochesterregionalbreastfeedingcoalition.com](http://rochesterregionalbreastfeedingcoalition.com)  
or call Amy Saglibene-Parmelee RN, BSN, IBCLC, (M, W, F), **(585)-974-5186**.

