



NPSP Breastfeeding Classes

Join the New Parent Support Program in learning about breastfeeding. Designed for new and expecting parents desiring to gain education, support, and empowerment in reaching their breastfeeding goals, this class and support group will provide the tools and knowledge to overcome common breastfeeding challenges.

Breastfeeding Class

Every 1st Wednesday, 10 am - 11:30 am
Soldier & Family Readiness Group Center
236 Interceptor St.

Breastfeeding Empowerment Group

Every 3rd Wednesday, 10 am - 11:30 am
Ste Mere Eglise Community Center
7905 Sicily Dr.

(910) 396-7951

Bragg.ArmyMWR.com



Descriptions

Breastfeeding Class – Every 1st Wednesday, 10 am – 11:30 am, Soldier & Family Readiness Group Center (236 Interceptor St.)

- Join us for an interactive prenatal breastfeeding class that will prepare Families and help set appropriate expectations prior to beginning the breastfeeding journey.

Breastfeeding Empowerment Group – Every 3rd Wednesday, 10 am – 1130 am, Ste Mere Eglise Community Center (7905 Sicily Dr.)

- Come meet other new mothers in our engaging Breastfeeding Support Group designed for new and expecting parents desiring to gain education, support, and empowerment. This group will help you reach your breastfeeding goals and gain the tools and knowledge to overcome common breastfeeding challenges.

Children 0-36 months are welcome.
Registration is encouraged but not required.
(910) 396-7951