


Mothers Groups Monthly Calendar

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>NOTE: Group times are subject to change. Please call ahead to confirm. Contact info is on the second page.</p>	<p>New Mothers' Social Circle New Baby New Paltz 10 a.m.–noon — 1st time FREE, later attendance \$5 (845) 255-9200</p> <p>Mama Lounge Hudson Valley Midwifery 10 a.m.–11:30 a.m. — FREE (unfacilitated mothers group) (845) 256-5430</p>		<p>Woodstock New Moms Circle Fiberflame Studio, Saugerties 11:30 a.m.—1 p.m. — FREE (845) 706-7034</p> <p>New Mothers Support Group Fourth Floor, HealthAlliance Hospital: Broadway Campus 12:30 p.m.–4:30 p.m. — FREE (845) 331-3131, ext. 2241</p>	<p>WIC Education & Support for Successful Breast-Feeding Group Ulster County WIC Clinic 9 a.m.–10 a.m. — FREE for participants in the WIC program (845) 340-3965</p>
<p>Calendar provided by the Breastfeeding Initiative of Ulster County (BIUC): breastfeedulstercounty.org</p>	<p>New Mothers' Social Circle New Baby New Paltz 10 a.m.–noon — 1st time FREE, later attendance \$5 (845) 255-9200</p> <p>Mama Lounge Hudson Valley Midwifery 10 a.m.–11:30 a.m. — FREE Unfacilitated mothers group (845) 256-5430</p>	<p>La Leche League of New Paltz New Paltz 10 a.m.–noon — FREE (845) 255-1055 (845) 831-5952</p>	<p>New Mothers Support Group Fourth Floor, HealthAlliance Hospital: Broadway Campus 12:30 p.m.–4:30 p.m. — FREE (845) 331-3131, ext. 2241</p>	<p>WIC Education & Support for Successful Breast-Feeding Group Ulster County WIC Clinic 9 a.m.–10 a.m. — FREE for participants in the WIC program (845) 340-3965</p>
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<p>Last updated: 10/3/16</p>	<p>New Mothers' Social Circle New Baby New Paltz 10 a.m.–noon — 1st time FREE, later attendance \$5 (845) 255-9200</p> <p>Mama Lounge Hudson Valley Midwifery 10 a.m.–11:30 a.m. — FREE (unfacilitated mothers group) (845) 256-5430</p>		<p>New Mothers Support Group Fourth Floor, HealthAlliance Hospital: Broadway Campus 12:30 p.m.–4:30 p.m. — FREE (845) 331-3131, ext. 2241</p>	<p>WIC Education & Support for Successful Breast-Feeding Group Ulster County WIC Clinic 9 a.m.–10 a.m. — FREE for participants in the WIC program (845) 340-3965</p> <p>Postpartum Village Hudson Valley Midwifery Midwife-led postpartum and breast-feeding support, newborns – 6 months 1:30–2:30 p.m. — FREE (845) 256-5430</p>

Mothers Groups	Community Resources
<p>New Mothers Support Group HealthAlliance Hospital: Broadway Campus, a member of the Westchester Medical Center Health Network (WMCHHealth) 396 Broadway, Fourth Floor Education Room, Kingston 845-331-3131, ext. 2241</p> <p>Woodstock New Moms Circle Fiberflame Studio 1776 Route 212, Saugerties 845-706-7034 (ask for Rachel)</p> <p>Education and Support for Successful Breast-Feeding Group WIC Clinic 230 Aaron Court, Kingston 845-340-3965 (ask for Bethany or Katie)</p> <p>Mama Lounge and Postpartum Village Hudson Valley Midwifery 14 Hurley Ave., Kingston 845-256-5430 hudsonvalleymidwifery.com/#!classes-events/ftsxv</p> <p>New Mothers' Social Circle New Baby New Paltz (\$5) 264 Main St., New Paltz 845-255-0624 (ask for Donna) hnewbabynewworld.com/index.php/calendar</p>	<p>Family Birth Place HealthAlliance Hospital: Broadway Campus, a member of the Westchester Medical Center Health Network (WMCHHealth) Certified Lactation Counselors (CLCs) and International Board-Certified Lactation Consultants (IBCLCs) 845-331-3131, ext. 2241</p> <p>Kingston Family Health Center and Pediatric Care Center CLCs 845-338-6400 or 845-339-9055</p> <p>Ulster County Healthy Families CLCs and FREE in-home support 845-339-8551</p> <p>Donna Bruschi IBCLC, New Baby New Paltz 845-750-4402</p> <p>La Leche League of New Paltz 845-255-1055</p> <p>Maternal-Infant Services Network Mothers Helpline 800-453-4666</p> <p>Ulster County WIC Breastfeeding Assistance 845-340-3965</p> <p>La Leche League 24-Hour Helpline 877-452-5324</p> <p>Department of Health visiting nurse services 845-331-3070</p>
Websites	Online Support
<p>USDA Breast-Feeding Partners breastfeedingpartners.org</p> <p>Best for Babes Foundation bestforbabes.org</p> <p>Maternal Infant Services Network mism-n-y.org</p> <p>Office on Women's Health womenshealth.gov</p> <p>La Leche League International l.li.org</p> <p>latchMD latchmd.com</p> <p>United States Breastfeeding Committee usbreastfeeding.org</p> <p>New York Statewide Breastfeeding Coalition nysbreastfeeding.org</p> <p>International Lactation Consultants Association ilca.org</p>	<p>Facebook Groups: Hudson Valley Breastfeeding • Hudson Valley Moms • Breastfeeding Initiative of Ulster County • Woodstock New Moms Circle • Latch MD • La Leche League of New Paltz, NY</p> <p>Apps: Mobile Milk: Text "MILK" to 877877 Mobile Milk (Leche Móvil) en español: Texto "PECHO" a 877877 Text4Baby: Text "BABY" for English o texto "BEBE" para Español to/a 511411 latchMD: FREE download of "latchME," the world's most comprehensive breast-feeding support app latchmd.com/latchMEapp.html</p>