



Mommy Meet Up Breastfeeding Support Group

Second Thursday of Every Month

Come feel supported and talk to other moms and a certified lactation counselor about your successes and worries with breastfeeding your new baby.

Have questions about starting solids? We've been there.

Wondering if baby's sleep is normal? Great question.

Am I making enough milk? Let's talk about it.

Suffering from soreness? Come ask us for some tips and tricks.

Need some advice on pumping? We have tons of experts.

Just want to meet some new moms who get it? Trust us, we do.

2023 Dates:

January 12, 2023

July 13, 2023

February 9, 2023

August 10, 2023

March 9, 2023

September 14, 2023

April 13, 2023

October 12, 2023

May 11, 2023

November 9, 2023

June 8, 2023

December 14, 2023

Location

St. Mary's Healthcare
425 Guy Park Avenue
Amsterdam, NY 12010
Medical Office Building
OB-GYN Office - Suite 102

Time

6pm-7pm

Register

Call the Maternity Unit
518-841-7314 or email
amanda.roblee@nysmha.org