

Breastfeeding 101



Learn the basics of breastfeeding from a North Carolina Lactation Educator!

Learn about benefits, myths, getting started, infant cues, what to expect, and more!

Classes are held the first Tuesday each month at the Consolidated Human Services (CHS) Building & the third Wednesday each month Tarawa Terrace (TT) location.

If interested, please call 910.347.5002 (CHS) or 910.353.0022 (TT). You can also speak with a WIC staff member if you would like to attend a class.

2020 CHS Class Dates:

9:00 am to 11:00 am

January 7	July 7
February 4	August 4
March 3	September 1
April 7	October 6
May 5	November 3
June 2	December 1

2020 TT Class Dates:

2:00 pm to 4:00 pm

January 15	July 15
February 19	August 19
March 18	September 16
April 15	October 21
May 20	November 18
June 17	December 16

