



BFREE:
BREASTFEEDING
RESILIENCY,
ENGAGEMENT, AND
EMPOWERMENT



FREE Lactation Support Groups

Organized by the Breastfeeding Resiliency, Engagement, and Empowerment (BFREE) Coalition
FREE breastfeeding/chestfeeding support groups for expecting and new parents (and their families)! **Sessions are available virtually or in person and in English or Spanish. Sessions entirely in Spanish are led by bilingual and bicultural lactation professionals.**

In-Person Lactation Support

Spanish Speaking Facilitators / Translation Available During Sessions

Westhampton Free Library

When: 4th Friday of Each Month

Time: 11:00 AM - 12:00 PM

Where: Westhampton Free Library
7 Library Avenue
Westhampton Beach, NY 11978

Sun River Health Martin Luther King, Jr.

When: 1st and 3rd Wednesday
of each Month

Time: 11:00 AM - 12:00 PM

Where: Sun River Health: Conference Room
1556 Straight Path
Wyandanch, NY 11798

Pronto of Long Island

When: 1st and 3rd Thursday
of each Month

Time: 12:00 PM - 1:00 PM

Where: Pronto of Long Island Inc.
128 Pine Aire Drive
Bay Shore, NY 11706

Nassau County Department of Health Office of Health Equity

When: 1st Wednesday of each Month

Time: 11:00 AM - 12:00 PM

Where: Nassau County Department of Health
Office of Health Equity
40 Main Street (Suite C)
Hempstead, NY 11550

Virtual Lactation Support

Breastfeeding Support Group

Sessions in English:

- Every Tuesday 7 to 8 pm
- 1st and 3rd Thursday of the month 12 to 1 pm

Sessions in Spanish:

- 1st and 3rd Tuesday of the month 6 to 7 pm

JOIN VIRTUAL SESSIONS by:



bit.ly/BFREElactationsupport



+1-646 931 3860

Meeting ID: 640 219 8145 | Passcode: 1

Please direct any questions to BFREE@northwell.edu



**Department
of Health**

Breastfeeding, Chestfeeding,
and Lactation Friendly New York



Cornell University
Cooperative Extension

