

# Breastfeeding Classes and Meetups 2019

Come anytime! If possible, it is best to take the class in your second trimester.

## Free Prenatal Breastfeeding Classes

### Mid-County Health Department

8751 Ulmerton Rd

**Morning Class—every 1st Thursday**  
**10:30am to 12:00pm**  
*Jan 3, Feb 7, Mar 7*  
*April 4, May 2, June 6*

**Saturday Class—every 3rd Saturday**  
**10:30am to 12:00pm**  
*Jan 19, Feb 16, Mar 16*  
*April 20, May 18, June 15*

### Clearwater Health Department

310 North Myrtle Ave

**Morning Class—every 3rd Tuesday**  
**10:30am-12:00pm**  
*Jan 15, Feb 19, Mar 19*  
*April 16, May 21, June 18*

**Espanol— 2nd martes de cada mes**  
**10:30am to 12:00pm**  
*enero 8, feb 12, mar 12*  
*abril 9, mayo 14, junio 11*

### Tarpon Springs Health Department

Class held at Tarpon Springs Public Library  
138 E Lemon St.

**Morning Class—every 3rd Tuesday**  
**10:30am-12:00pm**  
*Jan 15, Feb 19, Mar 19,*  
*April 16, May 21, June 18*

### Pinellas Park Health Department

6350 76th Ave N

**Morning Class—every 3rd Tuesday**  
**10:30am-12:00pm**  
*Jan 15, Feb 19, Mar 19,*  
*April 16, May 21, June 18*

## Free Prenatal and Postpartum Meetups

### St. Petersburg Health Department

205 Dr. MLK Jr. St. N.

**Every 2nd Tuesday**  
**5:30pm to 7:00pm**  
*Jan 8, Feb 12, Mar 12*  
*April 9, May 14, June 11*

**Every 2nd Wednesday**  
**10:30am to 12:00pm**  
*Jan 9, Feb 13, Mar 13*  
*April 10, May 8, June 12*

**Every 2nd Saturday**  
**10:30am to 12:00pm**  
*Jan 12, Feb 9, Mar 9*  
*April 13, May 11, June 8*

## Contact Us!



WIC & Nutrition Breastfeeding Program  
Have a breastfeeding question? Need help with breastfeeding?

Call our Breastfeeding WARM line at:

**(727) 824-6997**

9am to 9pm, every day of the week



Suria Sayus: (727) 275-6584  
Erin Yeager: (727) 275-6569

Lindsay Murphy: (727) 820-4155  
Robin Booth Watson: (727) 568-8047

Vanessa Pinales: (727) 485-1836  
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This institution is an equal opportunity provider.  
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