



Multnomah County Health Department is excited to offer a **culturally specific and community driven Support Group for**



ALL African American Breastfeeding Moms and Families!

JOIN US

**EVERY second Thursday
@ the NE WIC Clinic**

5329 NE MLK Jr Blvd
Portland, OR 97211-3237

**Pregnant Moms and their
families: 10AM**

**Post Partum Moms and their
families: 11:30AM**

OR

**EVERY third Friday @ the
Gateway WIC clinic**

131 NE 102nd Ave Bldg #1
Portland, OR 97220

**Pregnant Moms and
their families: 4PM**

**Post Partum Moms and
their families: 2PM**



Some of our group topics include: Am I Making Enough Milk, Black Story Time, Going Back to Work or School while Breastfeeding, How to build your support team...and much more!

Contact: Grayce Bentley (Breastfeeding Peer Counselor) for **ANY** and **ALL** questions
(971)269-5244 or grayce.bentley@multco.us

In accordance with Federal law and USDA policy, WIC is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.