



Make Dutchess County
the Healthiest Place
in New York State

Dutchess County Breastfeeding Support & Education Center

The Family Partnership Center
29 N. Hamilton St - Suite 109
Poughkeepsie, NY 12601

Breastfeeding Education is available for expectant and parenting families as well as those who are planning a pregnancy. Programs can also be tailored to specific groups. Classes include:

- Prenatal Breastfeeding Basics
- Breastfeeding Basics: Common Challenges
- Return to Work

Lactation Counselors provide:

- One to one assistance for breastfeeding families through outpatient or in-home visits.
- Consultation to businesses and organizations interested in promoting and providing spaces to assist new moms with a safe, comfortable place to breastfeed or pump.

Walk-In Clinic on Fridays, 10am - 2pm.

Individual breastfeeding assistance and education on a “walk-in” basis.

Appointments and breastfeeding support are also available by phone,
Monday-Friday, 9am to 5pm, by calling (845) 486-3419.

www.DutchessNY.gov/Breastfeeding



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2016 CLASS SCHEDULE

Prenatal Breastfeeding Basics

January 29
March 4
March 25
April 15
May 6
May 27
June 17

January 29 - Prenatal Breastfeeding Basics

February 5 - Breastfeeding Basics: Common Challenges
February 12 - CLOSED FOR LINCOLN'S BIRTHDAY
February 26 - Return to Work

March 4 - Prenatal Breastfeeding Basics
March 11 - Breastfeeding Basics: Common Challenges
March 18 - Return to Work
March 25 - Prenatal Breastfeeding Basics

Breastfeeding Basics: Common Challenges

February 5
March 11
April 1
April 22
May 13
June 3
June 24

April 1 - Breastfeeding Basics: Common Challenges
April 8 - Return to Work
April 15 - Prenatal Breastfeeding Basics
April 22 - Breastfeeding Basics: Common Challenges
April 29 - Return to Work

May 6 - Prenatal Breastfeeding Basics
May 13 - Breastfeeding Basics: Common Challenges
May 20 - Return to Work
May 27 - Prenatal Breastfeeding Basics

Return to Work

February 26
March 18
April 8
April 29
May 20
June 10
July 1

June 3 - Breastfeeding Basics: Common Challenges
June 10 - Return to Work
June 17 - Prenatal Breastfeeding Basics
June 24 - Breastfeeding Basics: Common Challenges

July 1 - Return to Work

**Classes are held 12:00 pm - 1:00 pm at the
Family Partnership, 29 North Hamilton St. – Suite 109, Poughkeepsie NY 12601
No fee, Registration Preferred. Register by calling (845) 486-3419.
email: Clinics@dutchessny.gov**

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