



**BFREE:  
BREASTFEEDING  
RESILIENCY,  
ENGAGEMENT, AND  
EMPOWERMENT**



# FREE VIRTUAL BREASTFEEDING SUPPORT

Everyone is invited to FREE weekly breastfeeding support groups for expecting and new parents (and their families)! Sessions are available in English and Spanish. Sessions entirely in Spanish are led by bilingual and bicultural lactation professionals.

## Join any session by:



### ZOOM LINK

<http://bit.ly/bfreezoombabycafe>



### PHONE

+1-646-568-7788

(Meeting ID: 923 0683 0122

Passcode: 1)



### FOLLOWING OUR FACEBOOK PAGE

<https://www.facebook.com/BFREE.Coalition>

### Sessions in English:

Every Tuesday 7 to 8 pm

Every Thursday 12 to 1 pm

### Sessions in Spanish:

Every Tuesday 6 to 7 pm

**HOSTED BY** lactation professionals (IBCLCs, CBCs, CLCs). Any questions/technology concerns? Email [BFREE@northwell.edu](mailto:BFREE@northwell.edu)