Getting Ready to Breastfeed

WIC’s Getting Ready to Breastfeed classes are led by experienced specialists.

Meet other parents-to-be and learn:

- Why breastfeeding is the healthiest for baby and you
- How to latch and position for comfort and a well-fed baby
- How to make an abundance of milk
- Ways dads, partners, and family members can support your breastfeeding life
- Managing breastfeeding with a busy lifestyle
- And much, much more!

Enroll in WIC today!
Must be enrolled in the WIC program to participate in classes and other benefits.

Class schedules and more available on-line at
ACBreastfeeds.org

Scan me
WIC can help!

WIC is a health, nutrition and breastfeeding program for:

- Babies
- Children/foster children under 5
- Pregnant women
- New mothers
- Women who have had a baby or were pregnant in the past 6 months

How does WIC help?

- Checks for healthy foods
- Personal and family nutrition planning
- Breastfeeding support and classes
- Referrals for services and healthcare

Working families can get WIC!

- Pregnant woman or family with 1 child who earn up to $2504/mo. before taxes
- Family of 3 who earn up to $3149/mo. before taxes

It is easy to apply at a WIC program near you. Call today!

Alameda County WIC..............(510) 595-6400
Axis Health Center WIC...........(925) 462-2365
City of Berkeley WIC..............(510) 981-5360
La Clinica de La Raza WIC.......(510) 535-4110
Native American Health WIC.....(510) 434-5300
Tiburcio Vasquez Health WIC....(510) 471-5913
West Oakland Health WIC........(510) 835-9610

Please bring ID, proof of income & address.

WIC is an equal opportunity provider

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