

Eat at Mom's

Where babies know breast!

Eat at Mom's is a **free** breastfeeding support group for all moms and a friendly place to connect and talk about what is happening with you and your baby. If you are pregnant stop by to chat, ask questions, or listen. Then stop back with your baby for support, help, or simply to share!

- We offer:**
- ◆ light refreshments
 - ◆ a baby weigh station to see how your baby is gaining
 - ◆ a welcome for your children



Please join us at our two new locations at: PEACE Inc. Westside Family Resource Center 200 Wyoming Street Syracuse, NY 13204 and Women's Information Center, 601 Allen St, Syracuse NY 13210

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**Please join us Thursday's from 10:30 AM—12:00 PM on:
2nd Thursday's of the month at 200 Wyoming Street
and
4th Thursday's of the month at 601 Allen St**

Lactation counselors and consultants, nutritionists and WIC peer counselors are among some of the staff who may be present at the meetings to help answer any questions or concerns you might have.



For more information call **424-0009 ext. 109**. On holidays and school breaks group may be cancelled. Please call to check.



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