



babycafé

**Join us for a FREE
virtual prenatal
class for expecting
moms (and their
families!)**

We will cover topics like:

- **Breastfeeding**
- **Nutrition**
- **Car seat safety**
- **Postpartum depression**
- **Jaundice and more**

Everyone is invited to MONTHLY online prenatal classes on Microsoft Teams with lactation professionals (IBCLCs, CBCs, CLCs)!

OR

Join by Phone: 1-888-602-0202 (Passcode: 516-465-5304#)

**When: First Thursday of every month, 10am-12pm
(Next class: July 2)**

<http://bit.ly/bfreebabycafe>

Link is also on our [Facebook Page](#):

BFREE: Breastfeeding Resiliency, Engagement, and Empowerment

We look forward to “seeing” you there!

Any questions/technology concerns? Email BFREE@northwell.edu

