

# Need help with breastfeeding?

**ASK  
LEARN  
& receive advice!**

Get questions answered from a breastfeeding expert in friendly support groups just for African American moms



### *Day Series*

**Fridays**  
(2/5, 2/12, 2/19, 2/26, 3/5 & 3/12)

12 pm - 2 pm

Union Baptist Church  
904 N. Roxboro Road, Durham  
Lunch provided

### *Evening Series*

**Mondays**  
(2/1, 2/8, 2/15, 2/22, 3/1 & 3/8)

6 pm - 8 pm

Union Baptist Church  
904 N. Roxboro Road, Durham  
Dinner provided

*Please park in the lot behind the church  
& ring the buzzer at the door if locked.*

*Child care & transportation can be arranged.*

*Attend either the day or evening series for one or more sessions. Drop-ins welcome.*

*The series of support groups are part of a research study of the Durham Breastfeeding Education and Support Team (B.E.S.T.) Alliance, a project of the Community Health Coalition, Inc., and the UNC Gillings School of Global Public Health. B.E.S.T. support group members will be asked to participate in a research study of the possibility of creating a permanent support group for African American mothers in Durham. Study participants will be asked to answer short surveys and possibly participate in a focus group discussion at the end of the series. Participants who enter the study will receive items for themselves or their babies as a thank you. Mothers are welcome to attend the support group sessions without participating in the study.*

Sessions held every Monday & Friday from February 1<sup>st</sup> to March 12<sup>th</sup>, 2010.

*Pregnant moms, moms with new babies, grandmothers & infants welcome!*

Call 919-966-1370 to sign up & for more information.

Durham Breastfeeding Education and Support Team (B.E.S.T.)

*Some of our community supporters*

