

Welcome to the IBMC*

*The IBMC is located down the hall from the office, in Suite 100C. Call the office to register for classes: (847) 398-0400. Some classes have limited spots.

AUGUST 2014

Mother's Support Group
Wednesdays, August 6, 13, 20, 27
and Saturday, August 9
10:00-11:30 am

Open to all mothers, nursing and non-nursing to network and support one another, facilitated by our lactation consultants. Older siblings are welcome and light refreshments will be provided.

Lamaze
Tuesday, August 12, 5:00—8:00 pm
 Lactation consultant Karen Dickert will lead this class.
 Call to register. 847-398-0434

Prenatal Breastfeeding Class
Monday, August 18, 5:30—7:30 pm
 This class is two hours in length and explores the many benefits of breastfeeding, and helps a mother understand how she can start off on the right foot with breastfeeding. Breastfeeding is both instinctive and a learned behavior. Even if you have not made up your mind about breastfeeding, this is an excellent class to find out more about it, and based on that information, make an informed decision about feeding your baby.
 Call to register. 847-398-0434

Working Mom's Class
Wednesday, August 20, 12:30—2:00 pm
 Designed for mothers preparing to return to work and who want to know the best way to transition back into the work force.
 Call to register. 847-398-0434

Support Group for Parents of Children with Developmental Delays
Thursday, August 7, 6:30 -8:00 pm
 Call to register. 847-398-0400

Support Group for Miscarriage and Early Day Loss, Thursday, August 21, 6:30—8 pm
 Call to register. 847-398-0400

SEPTEMBER 2014

Mother's Support Group
Wednesdays, September 3, 10, 17, 24
and Saturday, September 13
10:00-11:30 am

Open to all mothers, nursing and non-nursing to network and support one another, facilitated by our lactation consultants. Older siblings are welcome and light refreshments will be provided.

Prenatal Breastfeeding Class
Saturday, September 27, 9:00—11:00 am
 This class is two hours in length and explores the many benefits of breastfeeding, and helps a mother understand how she can start off on the right foot with breastfeeding. Breastfeeding is both instinctive and a learned behavior. Even if you have not made up your mind about breastfeeding, this is an excellent class to find out more about it, and based on that information, make an informed decision about feeding your baby.
 Call to register. 847-398-0434

Working Mom's Class
Wednesday, September 24, 12:30—2:00 pm
 Designed for mothers preparing to return to work and who want to know the best way to transition back into the work force.
 Call to register. 847-398-0434

Support Group for Miscarriage and Early Day Loss, Thursday, September 18, 6:30—8 pm
 Call to register. 847-398-0400



Arlington Pediatrics, Ltd.