



Antelope Valley  
Medical Center

Women and Infants Pavilion

# Discover a World of Support at the Education and Breastfeeding Center



**FREE** New Parent Women and Infants Pavilion (WIP) Tour  
Offered weekly on Tuesday's, please call for dates.

**FREE** Car Seat Safety Workshop  
Every first Tuesday of the month from 4:30pm - 6:30pm

**\*FREE** Breastfeeding Basics Class  
Offered monthly on Thursday's from 3:00pm - 6:00pm  
\*Class is free for current pre-registered WIP patients and \$35 for non-registered individuals.

**FREE** Weekly Breastfeeding Support Groups  
Meets every Tuesday from 11:00am to 12:00pm. No registration required.

**FREE** Nursing Bra Fittings  
by appointment only.

**3-Part Childbirth Education Series - \$100**  
Classes are offered monthly on Wednesday's from 3:00pm - 6:00pm

**"Welcome Home Baby" Infant Care Class - \$35**  
Classes are offered monthly on Thursday's from 3:00pm - 6:00pm

## Breast Milk Donation Depot

To become a donor, please contact Mother's Milk Bank at (877) 375-6645. Once approved you will be given a donor ID number and you will be able to drop off frozen breastmilk at the AVMC Breastmilk Collection Center.

All classes require pre-registration (at least 2 months in advance recommended, sessions fill up quickly). Classes and tours meet in the Education and Breastfeeding Center (located inside the WIP)  
44155 15th Street West, Lancaster, CA 93534

## To Register:

 661-726-6210

 [Lauren.Snyder@avmc.org](mailto:Lauren.Snyder@avmc.org)

 [www.avmc.org/EBC](http://www.avmc.org/EBC)