

Knox Breastfriends Group

We are a mother-to-mother breastfeeding support group for moms (and moms-to-be) and their children

And we're back ... to in-person meetings!

Our in-person meetings are held in various locations with dates and times to be determined. **Call for time, date and location.**

Virtual meetings, too

The virtual group will meet once a month via Zoom meetings (Call for day and time). No personal account is needed to join our meeting. Option to call in for audio-only if you don't have access to a smart device or internet. Direct meeting link is always available on the private Facebook group event or reach out to your peer counselor for a link. **Meeting ID: 927 7399 2016**

Join us on Facebook

Knox Breastfriends Facebook Group is a private, invite-based group where only members can see each other's posts. Others on Facebook will not be able to see posts within the group or search for the group by name.

How to join the Facebook group: Send a friend request AND message to either Laura Peer Counselor or Sarah Peer Counselor for an invite to the group.

All stages and ages of nurslings welcome

Questions? Please contact Sarah: 865-679-2801 (voice & text) or **Laura:** 865-556-4674 (voice & text).



TENNESSEE
Breastfeeding Hotline

855-4BF-MOMS
(855-423-6667)

24 hours a day/7 days a week



Línea de ayuda
de Tennessee
para la
lactancia
materna

24 horas al día/
7 días a la semana



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