



CommuniCare



FREE BREAST FEEDING CLASSES!

Join CommuniCare WIC for our free breastfeeding classes. Whether you're a first-time parent or just need a refresher, this hands-on class will guide you through the essentials of:



Latching techniques



Effective nursing positions



Pumping Basics



Feeding Cues



Milk Storage



& More!

Classes are held once a month from 10:00 AM–11:00 AM.
See next page for dates and locations!
Spouses and children are welcome.

Reserve your spot today!
Register here.

2026 SCHEDULE

Upcoming Breastfeeding Classes

08/25

WEST CAMPUS

1102 Barclay St, San Antonio, TX 78207

09/22

NORTHWEST WIC CAMPUS

7863 Callaghan Rd, Suite 206, San Antonio, TX 78229

10/27

WEST CAMPUS

1102 Barclay St, San Antonio, TX 78207

11/24

NORTHWEST WIC CAMPUS

7863 Callaghan Rd, Suite 206, San Antonio, TX 78229

12/22

WEST CAMPUS

1102 Barclay St, San Antonio, TX 78207

These classes are held in person from 10-11 AM.

These classes are for **Pregnant CommuniCare WIC participants** wanting to learn more about breastfeeding. Our recommendation is to register for the date closest to your expected delivery at your preferred location.