

Back to Work



After Baby

Are you a breastfeeding or pumping mother returning to work? This class is designed to help families through this new phase of parenting with information, strategies, tips, and planning to help create balance at work and home. You will gain knowledge and tools that address the physical and emotional challenges of this new transition. We invite and encourage you to bring your partner/support person and baby. This class is most beneficial to attend after your baby is born.

Time: 5:30-7:30 pm

Dates: Jan. 13 | Feb. 10 | Mar. 10 | Apr. 14 | May 12 | June 16

Location: Zoom

We welcome non-patients of PANW. There is no cost for classes, however, registration is required. Please book online or call (503) 968-3480 to register.

All classes are taught by a Board-Certified Lactation Consultant (IBCLC)