

## Meet Your Instructor

**Lacy Coffren, RN, IBCLC**—Lacy has over 5 years of experience educating new parents on pregnancy, birth and infant/child care. She is a Registered Nurse with the Garrett County Health Department Early Care Programs. Lacy is a home visiting nurse and Outreach Worker. She has assisted mothers to breastfeed and is a Certified Lactation Consultant.



Classes are held at the  
**Garrett County Health Department**

1025 Memorial Drive  
Oakland, Maryland 21550

Phone: (301) 334-7720

Email: [maria.friend@maryland.gov](mailto:maria.friend@maryland.gov) or  
[debra.house@maryland.gov](mailto:debra.house@maryland.gov)



The GCHD Prepared Childbirth Education Program is provided in part by the Garrett County Local Management Board administered through the Garrett County Health Department

Revised 10/31/2025

**Garrett County Health Department  
Early Care Programs**

## **Breastfeeding**



## **2026 Class Schedule**

**Classes are free, fun, and available afternoons  
or evenings to fit your schedule.**

## Bring your breastfeeding questions about:

- Going back to work or school
- Breast surgery
- Allergies
- Tattoos or piercings
- Feeding twins
- Nursing bras
- Bottles, pacifiers
- Whatever is on your mind

**Breastfeeding is a special gift you, and only YOU, can give your baby. Almost all mothers can nurse their babies if they have help and know what to expect.**



## What You Will Learn...

- How mother's milk protects your baby
- Getting off to a good start in the hospital
- Ways to prevent soreness
- Being sure baby is getting plenty of milk
- Pumping—why, when and how
- Fitting nursing into your day (and night)
- When diet, medication or other issues may affect breastfeeding
- Ways family and friends can help
- Where to find help when you need it

## What to bring...

Bring a family member, friend, or anyone who wants to know more about breastfeeding. Dads are welcome—they can help!



## 2026 Class Schedule

### Tuesday Evenings: 6:00—7:30 p.m.

- January 20th
- March 17th
- May 19th
- July 21st
- September 15th
- November 24th

### Tuesday Afternoons: 2:00—3:30 p.m.

- February 17th
- April 21st
- June 16th
- August 18th
- October 20th
- December 15th

**Class dates are subject to change.**

**To register and for more information  
call: 301-334-7720**