

WORCESTER NUFUMA HO NSEM

Nufuma ye akwantuo a eye fe, na woreko wanim no wobetumi ahia mmoa. Se wo ne nnipa a wowo won mu gyidie di ho nkommoo a, ebetumi aboa wo!

Kosra eho nsem a wahyehye wo ase ha yi

ABUSUA APOMUDENBEA

WIC Nufuma Ho Mmoa a Abaatan di anim. Edwoada

Fiada 8:30 AM - 5:00 PM

Yesre wo fre Shaira Lavandier wo 774-303-0272 so

Ewo ho ma won a wode won ho ahye WIC mu nko ara

Mmofra aduanetonbea (Baby Café)

Wukuada 10:00 AM - 12:00 PM, Friday 10:00 AM - 12:0

Wobenya wo Zoom: Nhyiamu noma (meeting ID) 99590327366, Noma a ahintaw (Passcode) 102609

Anaa fre 508-860-7748 bisa wo nsem.

SAINT VINCENT ASOPITI

Nufusuo ho nsem ho mmoa ahoma (Lactation Warm Line)

Wobenya wo fon so: Fre 508-363-7499

Gya nne a wode mane na Nufusuo ho Nimdefoo befre wo

UMASS MEMORIAL AYARESABEA

Nufuma Mmoa Kuo

Fre 508-334-6455 na twere wo din, Wo hia e-mail a eye adwuma ansa na watumi aba bi.

Abaatan a won mma nni mmoroo afe nkoara.

Breastfeeding Warm Line

Available by phone: Call 508-334-6455



INTANET SO NUFUMA HO NSEM

ZIP NUFUSUO

Hwehwε wo mpɔtam nufuma mmoa ho nsem forɔɔ wo

www.zipmilk.org na bɔ wo

ZIP nɔma



MASSACHUSETTS ASOEƐ A ƐHWƐ ɔMAN A POMUDEN HO NSEM BIARA INTANET DWUMADIBEA

<https://www.mass.gov/breastfeeding-initiative>



BOSTON BREASTFEEDING COALITION- VITAL VILLAGE NETWORK

<https://bostonbreastfeeding.weebly.com/virtual-support-groups.html>



MASSACHUSETTS BREASTFEEDING COALITION

<https://massbreastfeeding.org>

