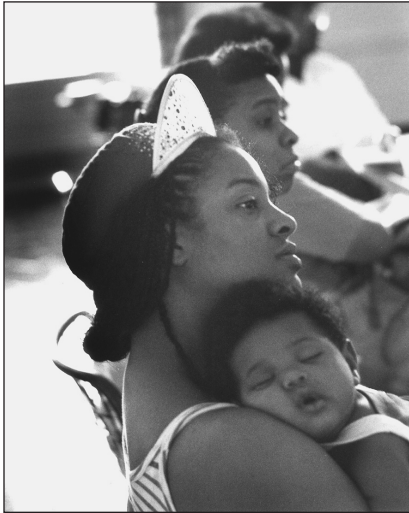


WHO CAN BECOME A BREASTFEEDING PEER COUNSELOR?

Any mother who has breastfed at least three months and is interested in helping other mothers learn the benefits of breastfeeding can become a peer counselor.

Breastfeeding benefits moms and babies but breastfeeding may be challenging for women who lack adequate information and support.

A Breastfeeding Peer Counselor helps a new mother feel comfortable with her decision to breastfeed and helps her to have a successful experience.



CHICAGO HEALTH
connection

954 West Washington Boulevard
Box 36, Fourth Floor
Chicago, Illinois 60607

Address Correction Requested



CHICAGO HEALTH
connection

Breastfeeding
Peer
Counselor
Training
Program

THE PEER COUNSELOR TRAINING PROGRAM

- Mothers who have successfully breastfed their own babies make great mentors!
- We offer a ten week training program to experienced breastfeeding mothers to become peer counselors.
- Counselors enjoy the satisfaction of helping other women and having future opportunities available.

When:

Every Wednesday
From September 7, 2005
to November 9, 2005

Time:

9:30 AM To 1:00 PM

Place:

Chicago Health Connection
954 W. Washington Blvd.
Fourth Floor
Chicago, IL 60607
(312)243-4772

Registration Deadline:

September 1, 2005

Counselors receive a \$15 stipend for each session attended.

COURSE CONTENT

I An Introduction to the Opportunity of Peer Counseling

- 1) Getting Acquainted
- 2) The Art of Counseling
- 3) Role of Peer Counselors

II The Art & Science of Breastfeeding

- 1) How to Start
- 2) Being Successful
- 3) Adapting to Changes
- 4) Healthy Mothers & Healthy Babies

III Effective Peer Counselors

- 1) Living with our Children
- 2) Raising our Children
- 3) Infant Health
- 4) Looking Back, Stepping Forward.....

Following the training program, counselors may have the opportunity to go once a week to The John H. Stroger Jr. Hospital of Cook County Perinatal Center Breastfeeding Program to use the skills they have learned during the training. They will be under the supervision of the peer counselor coordinator and Perinatal Center staff.

The Breastfeeding Program is a joint program of Chicago Health Connection and The John H. Stroger Jr. Hospital of Cook County Perinatal Center.

Counselors may also have opportunities to promote breastfeeding in their communities, make presentations, facilitate breastfeeding support groups and attend health fairs.

PROGRAM STAFF

Brenda Reyes, C.L.C.

Peer Counselor Coordinator
Chicago Health Connection

For more information please call
Brenda Reyes at (312) 243-4772.