

open arms
perinatal services

LACTATION LOUNGES

Drop-in as needed, free-of-cost!

Monday Lactation Lounge

Elizabeth Montez, IBCLC

11:00 AM-1:00PM

bit.ly/OAPSMondayLL

Online!

Tuesday Lactation Lounge

Amelia Martinez, LSPC (en Español)

1:00PM-3:00PM

bit.ly/lactanciaOA

Online!

Thursday Lactation Lounge

Markia Brinson, LSPC

11:00AM-1:00PM

bit.ly/ThursLounge

Online!

In-Person Lactation Lounge

Markia Brinson, LSPC

11:00AM-1:00PM

**Second Thursday of Every
Month at El Centro de la Raza,
Room 305**

