

Dickinson- Iron District Health Department WIC Peer Counseling Program
The Lactation Café & A Healthy Start Class
2025 Schedule

A Healthy Start

Virtual Breastfeeding Basics Class

January 16	Thursday	1-2pm
March 20	Thursday	1-2pm
May 15	Thursday	1-2pm
July 17	Thursday	1-2pm
September 18	Thursday	1-2pm
November 20	Thursday	1-2pm

To register for this class please call (906)779-7221

Dickinson County

The Lactation Café'

Breastfeeding Support Group

Dickinson County Library

January 9	Thursday	1pm-2pm
February 13	Thursday	1pm-2pm
March 13	Thursday	1pm-2pm
April 10	Thursday	1pm-2pm
May 8	Thursday	1pm-2pm
June 12	Thursday	1pm-2pm
July 10	Thursday	1pm-2pm
August 14	Thursday	1pm-2pm
September 11	Thursday	1pm-2pm
October 9	Thursday	1pm-2pm
November 13	Thursday	1pm-2pm
December 11	Thursday	1pm-2pm

Iron County

The Lactation Café'

Breastfeeding Support Group

Crystal Falls Library

January 21	Tuesday	11am-12pm
February 18	Tuesday	11am-12pm
March 18	Tuesday	11am-12pm
April 15	Tuesday	11am-12pm
May 20	Tuesday	11am-12pm
June 17	Tuesday	11am-12pm
July 15	Tuesday	11am-12pm
August 19	Tuesday	11am-12pm
September 16	Tuesday	11am-12pm
October 21	Tuesday	11am-12pm
November 18	Tuesday	11am-12pm
December 16	Tuesday	11am-12pm

Groups and classes are open to the community at no charge!

Pumped UP is a breast pump education class that is available by request.

A Healthy Start and Pumped UP are available in person at the WIC office by request.



For more information call:

Amber Grassinger

WIC Breastfeeding Peer Counselor

(906)779-7221 or (906)282-8491

Classes/Groups subject to change

