

MILK on the GREENS!



COMMUNITY
RESOURCES



FAMILY FUN



EDUCATION



**ALL ARE
WELCOME!**



A Proud Part of:
Breastfeeding Awareness Month

Join us for a **FREE**, family-friendly event featuring fun activities, education, and resources for the whole family!

SAVE THE DATE

REGISTER HERE



<https://bit.ly/MilkontheGreens>



**10:00AM -
1:00PM**



**Saturday
8/8/2026**



Elm Park



Activities & Stations

Pumping Station

Learn to use
your breast
pump with
pump fitting &
helpful tips!

Breastfeeding 101

Learn the basics,
connect with
experts, access
resources and
community
support.

Kids Activities & Craft Station

Have fun with
crafts for the
whole family!
Bubbles, face
painting, and
bouncy house!

Health Check

Blood Pressure
& Blood
Glucose
screening and
education

Infant CPR & Car Seat Safety

Learn the basics of
infant CPR / safety.
Get expert car seat
education, checks,
and installation
assistance.

Come celebrate, learn, connect, and support breastfeeding families in our community!



The City of Worcester
Department of Health and Human Services
Division of Public Health



UMass Memorial Health
DOULA PROGRAM

UMass Chan
MEDICAL SCHOOL

UMass Memorial Health

Collaborative in
Health Equity

Share Your
Breastfeeding
Experience



<https://bit.ly/CommunityLactationQuestionnaire>

Mes de
concientización
sobre la lactancia
materna

LECHE

en el
CÉSPED.

Entra
da sin
costo



RECURSOS
COMUNITARIOS



DIVERSIÓN
FAMILIAR



EDUCACIÓN



SE LES DA LA
BIENVENIDA
A TODOS.



Acompáñenos a un evento SIN COSTO para toda la familia con actividades divertidas, educación y recursos para toda la familia.

RESERVE LA FECHA

REGÍSTRESE AQUÍ



<https://bit.ly/MilkontheGreens>



10:00AM -
1:00PM



Sábado
8/8/2026



Elm Park



Actividades y estaciones

Estación de extracción de leche

Aprenda a usar
su extractor
de leche.
Ajuste del
extractor y
consejos útiles.

Lactancia materna 101

Aprenda lo
básico, haga
preguntas
y siéntase segura
en su proceso
de alimentación.

Pintura facial, burbujas y casa inflable

Diversión para
niños de todas
las edades.

Chequeo de Salud

Exámenes de
presión arterial y
glucosa en
sangre, además
de educación
para la salud.

RCP para Bebés y Seguridad de Asientos para el Auto

Aprenda los
conceptos básicos
de RCP para bebés y
seguridad infantil.
Reciba educación,
revisiones de
seguridad y ayuda
con la instalación de
asientos para el auto.

Venga a celebrar, aprender, conectarse y apoyar a las familias que amamantan en
nuestra comunidad.



The City of Worcester
Department of Health and Human Services
Division of Public Health



Together For Kids
Coalition



RISE
FOR HEALTH

UMass Memorial Health
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Comparta su
Experiencia
con la
Lactancia
Materna



<https://bit.ly/CommunityLactationQuestionnaire>

Allaitement Mois de la sensibilisation LAIT sur les VERTS !

Fièremment dans le cadre du:
**Mois de la sensibilisation à
l'allaitement maternel**



RESSOURCES
COMMUNAUTAIRES



AMUSEMENT
FAMILIAL



ÉDUCATION



TOUS SONT LES
BIENVENUS.



Rejoignez-nous pour un événement **GRATUIT** et familial avec des activités ludiques, de l'éducation et des ressources pour toute la famille !

RÉSERVEZ LA DATE

**INSCRIVEZ-VOUS
ICI !**



<https://bit.ly/MilkontheGreens>



**10:00AM -
1:00PM**



**Samedi
8/8/2026**



Elm Park



Activités et stands

Station de pompage

- Apprenez à utiliser votre tire-lait
- Astuces utiles pour ajuster et votre tire-lait

Allaitement 101

Apprenez les bases, posez des questions et sentez-vous confiant dans votre parcours d'alimentation.

Activités pour les enfants et atelier de bricolage

Amusez-vous avec des activités créatives pour toute la famille !
Bulles, maquillage pour enfants et château gonflable !

Bilan de santé

Dépistage de la tension artérielle et de la glycémie, avec information et sensibilisation.

RCR pour nourrissons et sécurité des sièges d'auto

Apprenez les bases de la RCR pour nourrissons. Recevez des conseils d'experts, des vérifications de sécurité et de l'aide pour l'installation des sièges d'auto.

Venez célébrer, apprendre, créer des liens et soutenir les familles allaitantes de notre communauté !



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WORCESTER
ACT's
Addresses Childhood Trauma



Partagez
votre
expérience
d'allaitement



<https://bit.ly/CommunityLactationQuestionnaire>

Bay tete Mwa Konsyantizasyon LÈT sou FÈY VÈT YO!

Antre
gratis



RESOUS
KOMINOTÈ



AMIZAN POU
FANMI AN



EDIKASYON



TOUT MOUN
AKEYI!



Join nou pou yon GRATIS, evènman fanmi-zanmitay ak aktivite amizan, edikasyon, ak resous pou tout fanmi an!

SOVE DAT LA

ENSKRI ISIT LA!



<https://bit.ly/MilkontheGreens>



10:00AM -
1:00PM



Samdi
8/8/2026



Elm Park



Aktivite ak Estasyon

Estasyon ponpe

Aprann kijan
pou yo itilize
ponp tete ou
Ponp Fitting
& konsèy itil.

Bay tete 101

Aprann Basics
yo, poze kesyon,
epi santi w
konfyans
sou vwayaj
manje ou.

Penti Face, Bul, AK Bouncy House

Plezi pou timoun
tout laj! Jwenn
kreyatif epi pran
plezi ak atizana pou
tout fanmi an.

Tcheke Sante w

Tès tansyon ak
sik nan san,
ansanm ak
edikasyon sou
sante.

RCR pou Tibebe ak Sekirite Chèz Oto

Aprann baz RCR
pou tibebe ak
sekirite timoun.
Resevwa konsèy,
tchek sekirite, ak èd
pou enstale chèz
oto.

Vini non selebre, aprann, konekte ak sipòte fanmi k ap bay tete nan kominote nou an!



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Pataje
Eksperyans
Ou nan Bay
Tete



<https://bit.ly/CommunityLactationQuestionnaire>



دخول
مجاني

موارد المجتمع



المرح العائلي



الجميع مرحب
بهم!



احفظ التاريخ

شهر التوعية

بالرضاعة

الطبيعية

الحليب

على

الخضرا!

انضم إلينا في فعالية مجانية ومناسبة للعائلات تتضمن أنشطة ممتعة
وتعليمية وموارد لجميع أفراد العائلة!



سجل هنا



10:00 صباحا -
1:00 مساء



السبت
8/8/2026



Elm Park



تعالوا واحتفلوا، وتعلموا، وتواصلوا، وادعموا عائلات المرضعة في مجتمعنا

عطشن ألو تاطح

مقدمو
الرضاعة

تواصل مع الخبراء
المحليين واحصل على
الموارد والدعم
المجتمعي.

الرضاعة الطبيعية
101

تعلم الأساسيات،
واطرح الأسئلة،
واشعر بالثقة في
رحلة الرضاعة!

رسم الوجوه،
الفقاعات،
و البيت المرتز

ممتع للأطفال من
جميع الأعمار!

محطة
الحرف

كن مبدعا واستمتع
بالأشغال اليدوية
لجميع أفراد العائلة

محطة
الضحك

- تعلم كيفية استخدام مضخة الثدي الخاصة بك، وتجربة المضخة ونصائح مفيدة



شارك تجربتك
في الرضاعة
الطبيعية

<https://bit.ly/CommunityLactationQuestionnaire>



The City of Worcester
Department of Health and Human Services
Division of Public Health



Collaborative in
Health Equity



Mês da Conscientização da Amamentação LEITE no PARQUE!

Entrada
gratuita



RECURSOS
COMUNITÁRIOS



DIVERSÃO PARA
A FAMÍLIA



EDUCAÇÃO



TODOS SÃO
BEM-VINDOS!



Junte-se a nós para um evento **GRATUITO** para toda a família,
com atividades divertidas, educação e recursos para todos!

GUARDE A DATA

**INSCREVA-SE
AQUI**



<https://bit.ly/MilkontheGreens>



**10:00 -
13:00**



**Sábado
8/8/2026**



Elm Park



Atividades e estações

Estação de bombeamento

Aprenda a usar
sua bomba
de leite,
a ajustar a
bomba e outras
dicas úteis

Estação de artesanato

Use a criatividade
e divirta-se
fazendo
artesanato com
toda a família!

Pintura facial, bolhas e casa inflável

Diversão para
crianças de
todas as idades!

Introdução à amamentação

Aprenda o básico,
faça perguntas e
sinta-se confiante
na sua jornada de
amamentação!

Provedores de lactação

Conecte-se com
especialistas locais
e acesse recursos
e apoio
comunitário.

Venha celebrar, aprender, conectar-se e apoiar famílias que amamentam em nossa comunidade!



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Compartilhe
sua
Experiência
com a
Amamentação



<https://bit.ly/CommunityLactationQuestionnaire>

Mwezi wa Uhamasishaji wa Kunyonyesha UNYONYESHAJI kwenye BUSTANI!

Kiingilio
cha Bila
Malipo



NYENZO
ZA JAMII



URAHA
KWA
FAMILIA



ELIMU



WOTE
WANAKARIBISHWA!



Jiunge nasi kwa tukio la BILA MALIPO, linalofaa familia linaloangazia shughuli za kufurahisha, elimu na nyenzo kwa familia nzima!

KUMBUKA TAREHE

JSAJILIHAPA



<https://bit.ly/MilkontheGreens>



10:00AM
hadi
1:00PM



Jumamosi
8/8/2026



Elm Park



Shughuli na Vituo

Kituo cha Maji

Jifunze jinsi ya kutumia pampu yako ya kukamua maziwa ya matiti Kuweka pampu ipasavyo na vidokezo muhimu

Kunyonyesha 101

Jifunze mambo ya msingi, uliza maswali na ujisikie ujasiri katika safari yako ya kulisha!

Shughuli za Watoto na Kituo cha Sanaa

Furahia shughuli za ubunifu kwa familia nzima! Mapovu, uchoraji wa usoni, na nyumba ya kurukia.

Ukaguzi wa Afya

Upimaji wa shinikizo la damu na sukari ya damu pamoja na elimu ya afya.

CPR kwa Watoto Wachanga na Usalama wa Kiti cha Gari

Jifunze misingi ya CPR kwa watoto wachanga na usalama wao. Pata elimu, ukaguzi wa usalama, na msaada wa kufunga kiti cha gari.

Njoo usherehekee, ujifunze, uungane na uunge mkono familia zinazonyonyesha katika jamii yetu!



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Shiriki Uzoefu
Wako wa
Kunyonyesha



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