

**NRCS LACTATION SUPPORT GROUP AND WORKING PARENT SUPPORT GROUP**

**Meetings Calendar 2017**

**Teleconference Phone Number 1-888-844-9904**

**Participants pass code 6690 326**

**Lactation Support Group Purpose:**

The purpose of this support group is for nursing mother employees to talk with other nursing mother employees to gain support, insights and guidance through conversation and the exchange of ideas. The Moderator has the teleconference leader code and opens each teleconference by identifying herself and doing a roll call so everyone knows who is on the phone. The moderator also introduces the experienced mother and any guest speaker that may be on the call. The experienced mother's role is to stimulate conversation and to answer the questions other participants may have. She and the moderator can shares their experiences and answer questions that participants may have. This group is also open to nursing mothers who are employees of co-located FSA and RD.

**Working Parent Support Group Purpose:**

The purpose of this support group is for working parent employees to talk with other working parent employees to gain support, insights and guidance through conversation and the exchange of ideas. The Moderator has the teleconference leader code and opens each teleconference by identifying herself and doing a roll call so everyone knows who is on the phone. The moderator also introduces the experienced parent and any guest speaker that may be on the call. The experienced parent's role is to stimulate conversation and to answer the questions other participants may have. The experienced parent and the moderator can shares their experiences and answer questions that participants may have. This group is open to female and male NRCS employees who wish to participate. This group is also open to co-located FSA and RD employees who wish to participate.

Lactation Support Group Meeting Dates	Moderator	Experienced Mother	Working Parent Support Group Meeting Dates	Moderator	Experienced Parent
Tuesday, May 2 12 Noon Eastern Time	Brianne Lowe, IN	Sarah Silbernagel	Tuesday, May 2 1 pm Eastern Time	Karin Sonnen, AK	Sarah Silbernagle
Tuesday, June 6 12 Noon Eastern Time		Brody Poe, KS	Tuesday, June 6 1 pm Eastern Time	Wynea Buford, OK	
Tuesday, July 11 12 Noon Eastern Time	Brianne Lowe, IN	Nikki Williams, IA	Tuesday, July 11 1 pm Eastern Time	Brianne Lowe, IN	
Tuesday, August 1 12 Noon Eastern Time			Tuesday, August 1 1 pm Eastern Time	Wynea Buford, OK	Sam Tyler, MD
Tuesday, September 5 12 Noon Eastern Time	Brianne Lowe, IN		Tuesday, September 5 1 pm Eastern Time	Brianne Lowe, IN	
Tuesday, October 3 12 Noon Eastern Time		Nikki Williams, IA	Tuesday, October 3 1 pm Eastern Time	Wynea Buford, OK	
Tuesday, November 7 12 Noon Eastern Time			Tuesday, November 7 1 pm Eastern Time	Melissa McCann, ND	
Tuesday, December 5 12 Noon Eastern Time		Sarah Silbernagel	Tuesday, December 5 1 pm Eastern Time	Wynea Buford, OK	Sarah Silbernagel