Whether you are new to lactating and pumping or have previous experience, we encourage you to attend our small-group, expert-led monthly workshop. Developed for UCSF employees/students, the workshop will guide you through various lactation topics and on-campus services, specifically for when you are ready to return to campus.

**Learning objectives:**
- Maintain your milk supply while working
- Know where to obtain onsite pumping supplies
- Identify lactation rooms closest to your workplace and request access
- Find your breast/chest flange sizes
- Generate a work pumping schedule and calculate volume of milk needed while away
- Get contact information for your health insurance covered pump and Outpatient Lactation Consulting services
- Communicate with supervisor/manager/department-lead regarding return date, pumping break time, etc.

**Attendees receive materials:**
- Pumping Packing List
- Pump Schedule and Milk Calculations
- Finding Your Flange Size

**Register here:** [bit.ly/3r6vuqR](https://bit.ly/3r6vuqR)
Attend as early as 2 months before returning to UCSF, but we welcome you at any point.

**Learn more:**
[tiny.ucsf.edu/pumpworkshop](https://tiny.ucsf.edu/pumpworkshop)

**Questions?**
Contact the Lactation Accommodation Program
Email: lactationprogram@ucsf.edu
Call: 415.502.3154

The Pumping & Returning to UCSF workshop is facilitated by Caroline (Wick) Carter, UCSF Family Services Specialist, International Board-Certified Lactation Consultant (IBCLC).