


SISTERS | Breastfeeding Program

EMPOWERING
SISTERS



We Provide Breastfeeding Support

Breastfeeding can be a journey. There may be ups and downs and feelings of accomplishment and frustration. We are here to support you along your breastfeeding journey so you can have a positive breastfeeding experience.




Lactation Consultant

Our **FREE** program provides a trained lactation consultant who will support your breastfeeding experience during the first six months of your baby's life.

Who Qualifies

This program is for women who live in the Fort Pierce zip codes of 34947 or 34950.



Interested?

Sonya.Gabriel@FLHealth.gov
StLucie.FloridaHealth.gov
772-462-3955

Meet our Lactation Consultant



Jeny Bouhout

Hello Hola مرحبًا

I am an International Board-Certified Lactation Consultant with the Sisters Empowering Sisters Breastfeeding Program.

- I have a passion for helping new parents and babies become comfortable with their breastfeeding journey.
- I trained as a lactation consultant in a hospital setting and also breastfed my three babies.
- I speak English, Spanish, and Arabic and have lived abroad.
- I understand the importance that culture can play in the breastfeeding process.

StLucie.FloridaHealth.gov