

4.6.2026

Illinois Breastfeeding Events & Activities

WIC Breastfeeding Resources | Springfield Urban League
For additional information, contact: Audrie.mumphery@illinois.gov



DHS Breastfeeding Webcasts:

Breastfeeding webcasts are intended to help WIC agency staff meet competency requirements. All staff are encouraged to attend.

*NEW Trainings:

"The Art of Hand Expression"

April 10, 2026 9 am-10 am CST

"Maternal Mental Health & Medical Risk in Pregnancy & Postpartum Care"

April 17, 2026 1 pm-2 pm CST

Register at: <https://www.springfieldul.org/chtcdistance-learning>

"From Connection to Collective Action: Creative Community Engagement" *available as a webcast!

Register at: From Connection to Collective Action: Creative Community Engagement" | Springfield Urban League

***Webcasts are available for CEUs for up to 2 years after the original air date. For a list of current webcasts and to register:** <https://www.springfieldul.org/chtcdistance-learning>

Breastfeeding Curriculum Training L2-4

USDA designed training to build competencies among all levels of WIC staff in breastfeeding promotion and support strategies

<https://lactationeducation.com/illinois>

Parent Resources:

for breast/chest-feeding parents, partners, families, hospitals, worksites, early care, and education providers, lactation, and family support

HUG your Baby Digital Parent Resources

<https://www.hugyourbaby.org/illinois-wic-digital-parent-resources>

IL Public Health Institute

New Webinar: Removing Food Barriers: The Healing & Love Language of Communities!

Webinars – Michigan Breastfeeding Network

WIC Health:

*WIC Online Nutrition Education - wichealth.org

Educational Webinar Series

Great Lakes Breastfeeding Webinar Series (Monthly)

FREE equity-focused education/ RN, RD, Lactation CERP's provided; new webinars launch on the 3rd Tuesday of every month; watch "on-demand" webinars on your own time for continuing education for up to 1 year after the initial air date.

<https://www.mibreastfeeding.org/webinars/>

CDC-USBC Coalition Webinars

Best practices, news, and networking on issues of national significance. For dates and other information:

<https://www.usbreastfeeding.org/learning-opportunities.html>

Calls and Meetings:

***Peer Counselor Supervisor Conference Calls**
(Illinois WIC Peer Counselor Programs only)

Thursday, May 21, 2026 1-2 pm

***Peer Counselor Conference Calls**

(Illinois WIC Peer Counselor Programs only)

June 18, 2026 1-2 pm

September 17, 2026 1-2 pm

December 17, 2026 1-2 pm

***State Breastfeeding Task Force Meetings**

via Webex, contact: Courtney.Adams2@illinois.gov

April 21, 2026 10:00 am – 12:00 pm

July 21, 2026 10:00 am – 12:00 pm

October 20, 2026 10:00 am – 12:00 pm

Click to join:

<https://illinois.webex.com/illinois/j.php?MTID=m2b20607f3cf52bd71c6aca5c922ca5cc>

***DBE Mentorship Calls (NEW!)**

Designated Breastfeeding Experts only! (must have completed L4 USDA Curriculum & have a CLS, CLC, or IBCLC certification).

These calls are optional to facilitate sharing between DBEs, problem-solving case studies, and to share updated information.

These meetings will be held twice a year on the 4th Tuesday of the month.

August 25, 2026 1:00 pm - 2:00 pm

Click to join:

<https://illinois.webex.com/illinois/j.php?MTID=m0e8de15fe1230d880fcb4272e0e78be>

Training:

***MWR Breastfeeding Trainings 2026!!**

See website below for all available trainings and registration!

MWRTrainings.com

***Peer Counselor Training (Zoom)**

Three-day virtual training for **new** Peer Counselors.

April 7-9, 2026 9 am – 3 pm

Register: Training Courses | Springfield Urban League

***Peer Counselor Program Supervisor Training (Zoom)**

Two half-day training sessions for new PC Supervisors

April 27-28, 2026 8 am – 12:15 pm

October 19-20, 2026 8 am – 12:15 pm

Register: Training Courses | Springfield Urban League

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***Certified Breastfeeding Support Counselor Training, Chicago area only!**

This course is for basic to intermediate breastfeeding education and support training. It is open to health professional program staff who possess at least a four-year college degree. This training meets the competency requirement of CPA's.

Class Time: 9:00 am – 4:00 pm (in person, Countryside)

*This is a two-week class (2 days/week)(Tues. & Thurs.)

May 5,7,12,14 2026

<https://cbsc2026.ezregister.com>

Certified Lactation Specialist Course (CLS)

Week-long training in lactation (CT Zoom, real-time) 45 L-CERPS, 1 E-CERP, 45 RN; Lactation management skills are taught through the practical application of scientific principles. (IL WIC Only!)

April 15-17, 20-21, 2026

7 am-4:30 pm (FULL)

May 6-8, 11-12, 2026

8 AM-5:30 pm (FULL)

Register at: [Training Courses | Springfield Urban League](#)

Certification Cram Review Course (Zoom)

For Mentorship program applicants!

Covering the entire IBLCE exam grid, the newest Information, and the latest research in lactation.

15.5 L-CERPS, 1 E-CERP, 16 RN

*New date coming soon

8 am-5:30 pm

IL WIC Register at: [Training Courses | Springfield Urban League](#)

For all others: <https://lactationeducation.com/cram-review-course>

Peer Counselor Enrichments!

Tazwell County Health Department/Save the Date!!

Friday May 15th, 2026 9 am – 2 pm
The Barn III: 1451 Timberline Rd. Goodfield, IL 61742

- More details & registration info. to come!

Regional Task Force Events:

Central Illinois Breastfeeding Task Force Presents:

“WHAT WOULD YOU DO? A Choose Your Own Lactation Adventure” (Mini Conference)

Speaker: Trish Wierenga, APRN, FNP-BC, IBCLC, PMH-C

Friday, April 17, 2026 8:30 am- 3:30 pm

Peoria City/County Health Department
Community Room

2116 N. Sheridan Rd, Peoria, IL 61604

<https://bit.ly/CIBTFReg2026>

to register, copy and paste into the browser

See the CHTC website for the Task Force near you!

At: [Regional Task Forces | Springfield Urban League](#)