



La Leche League York Group

Nursing your Baby?
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Considering it?  
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Want to meet other moms?

La Leche League is an international organization that provides mother-to-mother breastfeeding support. La Leche leaders are experienced nursing moms. We strive to provide accurate information and support that will build your confidence as a nursing mom and offer a helpful hand during your journey as a mother. We offer a variety of monthly meetings to meet your busy schedule-providing breastfeeding support and parenting-related information.

Meetings are free and children are always welcome!
Lending library of current books available to all.

Our meetings follow a general series with each leader choosing their particular focus for the meeting depending on the participant's unique needs. Our series of four includes:

- Advantages of Breastfeeding to Mother and Baby (January, May, September)
- The Family and the Breastfed Baby (February, June, October)
- Art of Breastfeeding and Avoiding Difficulties (March, July, November)
- Nutrition and Weaning (April, August, December)

Morning Meetings

January 12	May 11	September 14
February 9	June 8	October 12
March 9	July 13	November 9
April 13	August 10	December 14

~ Held the Second Thursday at 10am at Women and Parent Education ~
1101 Edgar Street Suite C, York

Evening Meetings

January 17	May 16	September 19
February 21	June 20	October 17
March 21	July 18	November 21
April 18	August 15	December 19

~ Held the Third Tuesday at 6:30pm ~
Please contact Mimi at 764-6973 for directions

**For nursing support or additional meeting information,
please contact one of the York La Leche League Leaders listed below.**

Shannon 848-4738
Michelle 417-1176
Paula 741-6087
Mimi 764-6973

~ We look forward to seeing you
at a future meeting! ~