

2015 MEETING SCHEDULE

La Leche League of Porter County

ALL DAY MEETINGS ARE HELD
IN FELLOWSHIP HALL OF
TRINITY LUTHERAN CHURCH
201 N. WASHINGTON ST., VALPARAISO



ALL EVENING MEETINGS ARE HELD
AT RED CUP CAFÉ
115 BROADWAY, CHESTERTON
(STREET PARKING ON BROADWAY OR 4TH ST.)

SERIES MEETINGS (2ND WEDNESDAY OF THE MONTH @10 AM)

January 14:	Breastfeeding A-Z
February 11:	Coming Home with Baby
March 11:	The Womanly Art of Breastfeeding
April 8:	Nighttime Parenting
May 13:	Mothering Through Breastfeeding
June 10:	"Birth Day" Success
July 8:	Becoming a Mother: Changes and Adjustments
August 12:	Weaning with Love
September 9:	Breastfeeding Benefits Everyone
October 14:	Nursing: Getting Off to a Good Start
November 11:	Breastfeeding and Returning to Work
December 9:	Whole Foods for the Whole Family

BREASTFEEDING CAFÉ (3RD WEDNESDAY OF THE MONTH @7:30 PM)

January 21:	Advantages
February 18:	Early Days
March 18:	Basics
April 15:	Nutrition
May 20:	Benefits
June 17:	Family
July 15:	Working
August 19:	Nighttime
September 16:	Myth vs. Fact
October 21:	Birth
November 18:	Challenges
December 16:	Weaning

Partners
welcome
at all
Café
meetings

Meet other mothers – Come and bring a friend!
visit us online at www.llli.org or www.lllportercounty.com
or find us on our Facebook Page: *La Leche League of Porter County, Indiana*



Accredited La Leche League Leaders available to answer your questions 24 hours a day:

Shawna Horne
219-797-2513
dsvvhorne@yahoo.com

Rachel Rivera
219-230-9471
lllrachelr@gmail.com

Julie Lentz
219-309-9089
julielentz10@yahoo.com

Lisa Thompson
219-508-2041
LJThom601@aol.com

Natasha Rinaldo
702-281-3632
natasha.rinaldo@yahoo.com

Megan Miltz
317-701-5194
megmiltz@gmail.com

Monthly Playdate 1st Wed. of every month 10AM at Tower Park, corner of Franklin and Evans, Valpo. [Apr.–Nov., weather permitting.] Watch our FB page for details.

Toddler meetings are held the 4th Wednesday of the month at 10 AM at Trinity Lutheran

Meetings include general discussion, lending library, books and slings for sale, mother-to-mother support, and valuable information sharing. Babies, toddlers, and ALL questions are welcome!

La Leche League is an international, non-profit, non-sectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed their babies. We welcome pregnant, new, and experienced mothers to participate in an open discussion on a variety of topics relating to mothering through breastfeeding.