

# 2018 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 BLACKBIRD CAFE  
114 E. LINCOLNWAY, VALPARAISO  
DOWNTOWN/STREET PARKING

### SERIES MEETINGS

(2ND WEDNESDAY OF THE MONTH @10 AM)

January 10: Breastfeeding and Society  
February 14: Birth Choices and Breastfeeding  
March 14: Nursing Mom, Working Mom  
April 11: Adventures in Gentle Discipline  
May 9: Breastfeeding A-Z  
June 13: Expectations vs. Reality  
July 11: Dealing with Breastfeeding Challenges  
August 8: Approaches to Weaning  
September 12: Breastfeeding Benefits Everyone  
October 10: Getting Breastfeeding Off to a Good Start  
November 14: Breastfeeding and Returning to Work  
December 12: First Foods: Starting Solids

### BREASTFEEDING CAFÉ

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

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

Partners  
welcome at  
all Café  
meetings!

Meet other parents – Come and bring a friend!  
visit us online at [www.llofindiana.org](http://www.llofindiana.org) or [www.llportercounty.com](http://www.llportercounty.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:**

**Lisa Sutton**  
219-309-8550  
[lissutton@gmail.com](mailto:lissutton@gmail.com)

**Katie Bieker**  
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**Carol Kolar**  
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**Megan Miltz**  
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**Sarah Kosmicki**  
618-203-6562  
[skosmick@gmail.com](mailto:skosmick@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, breastfeeding 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.