

# La Leche League of Porter County



# 2019 Meeting Schedule

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)**

- Jan 9: Human Milk: More Than Food
- Feb 13: Birth Choices and Breastfeeding
- Mar 13: Balancing Baby and Work
- Apr 10: Infant and Adult Sleep
- May 8: Breastfeeding A-Z
- June 12: Older Babies, New Questions
- July 10: Nursing on the Go
- Aug 14: Weaning Happens
- Sep 11: Attitudes About Breastfeeding
- Oct 9: Bonding and Breastfeeding
- Nov 13: Self Care for Parents
- Dec 11: Parenting as Loving Guidance

## BREASTFEEDING CAFÉ

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

- Myth Vs. Fact :Jan 16
- Balancing Family Needs :Feb 20
- Back to Basics :Mar 20
- Working :Apr 17
- Breastfeeding Benefits :May 15
- Birth and Babies :June 19
- Working and Pumping Hacks :July 17
- Sleeping Like a Baby :Aug 21
- Advantages :Sep 18
- Bringing Baby Home :Oct 16
- Overcoming Challenges :Nov 20
- Feeding the Family :Dec 18

**Meet other parents — Come and bring a friend!**

visit us online at [www.llofindiana.org](http://www.llofindiana.org) or [www.lllportercounty.com](http://www.lllportercounty.com)

or find us on our Facebook Page: La Leche League of Porter County, Indiana



Partners welcome at all Café meetings!

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

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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!