

# La Leche League of Porter County



# 2020 Meeting Schedule

Day meetings are held in  
Fellowship Hall of  
Trinity Lutheran Church  
201 N. Washington St., Valparaiso

Evening meetings are held at  
Blackbird Cafe  
114 E. Lincolnway, Valparaiso  
Partners welcome at Cafe meetings!

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

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

January 8: Mothering through Breastfeeding  
February 12: Expectations vs. Reality  
March 11: Balancing Baby and Work  
April 8: Weaning with Love  
May 13: Breastfeeding A-Z  
June 10: Birth Choices and Breastfeeding  
July 8: Self Care for Parents  
August 12: Adventures in Gentle Discipline  
September 9: Human Milk: More than Food  
October 14: Older Babies, New Questions  
November 11: Nursing on the Go  
December 9: Sleeping Like a Baby

January 15: Myth vs. Fact  
February 19: Birth and Babies  
March 18: Overcoming Challenges  
April 15: Working  
May 20: Advantages of Breastfeeding  
June 17: Early Days  
July 15: Back to Basics  
August 19: Feeding the Family  
September 16: Breastfeeding Benefits Everyone  
October 21: Balancing Family Needs  
November 18: Working and Pumping Hacks  
December 16: Approaches to Weaning

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*

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

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Monthly Playdate 1<sup>st</sup> Wed. of the month (Apr.-Nov., weather permitting) 10am at Tower Park, corner of Franklin and Evans, Valpo. Watch our FB page for details.

Toddler meetings are held the 4<sup>th</sup> Wednesday of the month at 10am at Trinity Lutheran Church.

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. We support all breastfeeding, chestfeeding, and human milk feeding families.