

# La Leche League of Porter County



# 2022 Meeting Schedule

All meetings are being held on Zoom until further notice.  
Contact us at [lllporterco@gmail.com](mailto:lllporterco@gmail.com) for the Zoom link.

## SERIES MEETINGS

(2ND WEDNESDAY OF THE MONTH @10AM)

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

## BREASTFEEDING CAFE

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

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

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

Megan Miltz  
317-701-5194  
[megmiltz@gmail.com](mailto:megmiltz@gmail.com)

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.

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.