

La Leche League of Porter County



2023 Meeting Schedule

Day meetings are held in
Valparaiso Public Library, Meeting Room A
103 Jefferson St., Valparaiso
Check our Facebook page for location updates

® All Evening meetings are being held
on Zoom until further notice.
Contact us at llporterco@gmail.com
for the Zoom link.

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

January 11:	Myth vs. Fact
February 8:	Birth Choices and Breastfeeding
March 8:	Dealing with Breastfeeding Challenges
April 12:	Approaches to Weaning
May 10:	Breastfeeding A-Z
June 14:	Expectations vs. Reality
July 12:	Family and the Breastfed Baby
August 9:	Adventures in Gentle Discipline
September 13:	Advantages of Breastfeeding
October 11:	Older Babies, New Questions
November 8:	Balancing Baby and Work
December 13:	First Foods: Starting Solids

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

January 18:	Breastfeeding Benefits
February 15:	Early Days
March 15:	Working
April 19:	Nutrition
May 17:	Advantages of Breastfeeding
June 21:	Birth
July 19:	Overcoming Challenges
August 16:	Weaning
September 20:	Breastfeeding Benefits Everyone
October 18:	Balancing Family Needs
November 15:	Back to Basics
December 20:	Nighttime

Meet other parents – Come and bring a friend!

Visit us online at www.llofindiana.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:

Lisa Sutton
219-309-8550
lisarssutton@gmail.com

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

Monthly Playdate 1st 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 all parents who want to use human milk to feed their babies. We welcome pregnant, new, and experienced parents to participate in an open discussion on a variety of topics relating to parenting through breastfeeding. We support all breastfeeding, chestfeeding, and human milk feeding families.