



Are you breastfeeding or considering it?

La Leche League of Alameda

Fall/Winter Series

Each month, we bring lactating caregivers together to discuss breastfeeding related topics. In addition to the topics raised by attendants, a main topic is discussed each month as well.

10:00am on the third Wednesday of each month:

September 16 - Advantages of Human Milk and Breastfeeding

October 21 - The Art of Breastfeeding and Avoiding Difficulties

November 18 - Complementary Foods and Family Nutrition

December 9** - Realistic Expectations: Family and the Breastfed Baby

**Second Wednesday instead

All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Come any month during the series, the earlier in your pregnancy the better! Babies are always welcome and nurslings of all ages are welcome to join us during online meetings.

To join our meetings on Zoom,
text (510) 592-8539 or email LLLofAlameda@gmail.com

La Leche League offers:

- FREE monthly mother-to-mother discussion meetings (bring your questions)
- FREE telephone counseling from accredited Leaders
- The latest breastfeeding information
- Support for employed nursing parents
- Networking for at-home nursing parents
- Support for nursing parents of older babies and toddlers
- A large lending library
- Online resources available at www.LLLI.org

For Breastfeeding Help or Information

(510) 592-8539 - Lauren (call or text)

(510) 521-4867 - Virginia (call only)

(510) 365-9220 - Brittany (text only)

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing breastfeeding information, support, encouragement, and education.