

# Welcome!

Attending La Leche League meetings can help you learn about breastfeeding from other nursing mothers. At our monthly meetings, mothers share not only their questions and concerns, but also the benefits and joys of breastfeeding. Being in touch with La Leche League can give you a network of support you need.

Breastfeeding is a simple and natural process, but you may need support and information on the correct positioning of the baby at the breast, working and breastfeeding, avoiding problems, and overcoming any difficulties that may occur. Knowing other women who have breastfed their babies can be helpful and reassuring. Having accurate, up-to-date information is also important.

Pregnant women, mothers, babies and children are always welcome!

**“Extensive research, especially in recent years, documents diverse and compelling advantages to infants, mothers, families, and society from breastfeeding and the use of human milk for infant feeding. These include health, nutritional, immunologic, developmental, psychological, social, economic, and environmental benefits.”**

- The American Academy of Pediatrics, 2005



**LA LECHE LEAGUE**  
INTERNATIONAL

*La Leche League is an international non-profit, non-sectarian organization dedicated to providing information, support, encouragement, and education to women who want to breastfeed.*

*La Leche League Leaders are volunteers who have happily breastfed their own children. They are accredited by La Leche League International and offer practical information and moral support to breastfeeding mothers through monthly meetings and telephone counseling.*

# January–April 2010 Meeting Notice

## Groups and Leaders

### San Jose – Morning

1<sup>st</sup> Thursday of every month, 10:00 AM

| Date  | Topic | For more information call: |
|-------|-------|----------------------------|
| Jan 7 | 4     | Stephanie (408) 507-6476   |
| Feb 4 | 1     | Charlene (408) 998-8150    |
| Mar 4 | 2     |                            |
| Apr 1 | 3     |                            |

Location: **4830 Pebble Glen Drive, San Jose.**

From 280, take the Saratoga Avenue exit. Go south on Saratoga Ave. Turn right on Doyle Rd. Turn left on Priscilla Drive. Turn right on Pebble Glen Drive. 4830 is on the left.

### San Jose – Evening

3<sup>rd</sup> Wednesday of every month, 7:15 PM

Fathers always welcome!

| Date   | Topic | For more information call: |
|--------|-------|----------------------------|
| Jan 20 | 2     | Hannah (408) 387-0888      |
| Feb 17 | 3     | Janet (408) 267-9044       |
| Mar 17 | 4     | April (408) 289-9188       |
| Apr 21 | 1     |                            |

Location: **1295 Curtner Avenue, San Jose.**

From 87, take the Curtner Avenue exit and go east. 1295 is on the corner of Cottle and Curtner on the right. Parking is available on Cottle Ave.

### Campbell

2<sup>nd</sup> Thursday of every month, 10:30 AM

| Date   | Topic | For more information call: |
|--------|-------|----------------------------|
| Jan 14 | 1     | Michele (408) 265-4834     |
| Feb 11 | 2     | Sierra (408) 693-8644      |
| Mar 11 | 3     | Marina (408) 736-8126      |
| Apr 8  | 4     | Jesse (408) 242-6370       |

Location: **Campbell Library Community Room, 77 Harrison Avenue.**

Take 280 to 17 South; exit Hamilton Ave. Go straight through the light at Hamilton; street curves into Harrison. Library is on the right; Community Room is downstairs in the far right corner.

### South Valley (Morgan Hill, Gilroy, Hollister)

4<sup>th</sup> Friday of every month, 10:30 AM

| Date   | Topic | For more information call: |
|--------|-------|----------------------------|
| Jan 22 | 3     | Ana (408) 205-0895         |
| Feb 26 | 4     | Charlene (408) 998-8150    |
| Mar 26 | 1     |                            |
| Apr 23 | 2     |                            |

Location: **9612 Cooper Place, Gilroy.**

From Hwy 101, take the Masten Ave. exit. Turn west on Masten. Masten becomes Fitzgerald Ave. Turn left on Santa Teresa and right on Sunrise. Turn left on Cooper Place. 9612 is on the left.

**Topics:** Monthly meetings are based on a series of four topics with an informal and discussion-based format. At each meeting, we also address your specific questions and concerns.

- BREASTFEEDING: The Importance of Breastfeeding to Mother and Baby, The Healthy Choice, The Benefits of Human Milk**
- BABY ARRIVES: The Family and the Breastfed Baby, The Birth of Your Baby and Baby's First Weeks, At Home With Your New Baby**
- ART OF BREASTFEEDING and Avoiding Difficulties: The "How To's" of Breastfeeding, The Myths and Truths of Breastfeeding**
- NUTRITION AND WEANING: Baby's First Foods, Baby's Changing Needs, Nutrition for the Whole Family, Beyond Breastfeeding**

### Toddler/Enrichment Meetings

3<sup>rd</sup> Thursday of every month, 10:00 AM

Explore nursing beyond infancy and mothering through breastfeeding in greater depth.

**Dates:** Jan 21: Family relationships; Feb 18: Book reviews (talk about a book that you have found helpful); Mar 18: What happened to my body? (Coping with post-partum changes); Apr 15: Living simply. Location: **1341 Glenwood Ave., San Jose.** Questions? Call Stephanie at 507-6476.

**24-hour helpline:** 1-(877)-4-LALECHE—1-877-452-5324  
**For a current meeting notice:** [sanjoseill@sbcglobal.net](mailto:sanjoseill@sbcglobal.net)

**LLLI web site:** [www.lllil.org](http://www.lllil.org)  
**Web page:** [www.lllnorcal.org/groups/SanJoseCA.html](http://www.lllnorcal.org/groups/SanJoseCA.html)