

# Jan-Apr 2018 Meeting Notice

To download a current meeting notice, visit our webpage:  
[www.llnocal.org/groups/SanJoseCA.html](http://www.llnocal.org/groups/SanJoseCA.html)

## 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 the 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! LLL gatherings are always flexible. Come and go as best suits your family.



**LA LECHE LEAGUE**

### Leaders

The San Jose Leaders are:

Amanda  
Brooke  
Jay  
Janet  
Jen  
Lauren  
Mika  
Sarah  
Rebecca

For phone support:  
408-641-0138

For email support:  
[llofgreatersanjose@gmail.com](mailto:llofgreatersanjose@gmail.com)

Also check us out on Facebook:  
La Leche League South Bay

In-person help is available during and after our four monthly meetings.

24-hour helpline:  
1-(877)-4-LALECHE—  
1-877-452-5324

### Morning Series Meeting

**1st Thurs of the month--10:30 AM**

Jan 4- Topic 1  
Feb 1- Topic 2  
Mar 1- Topic 3  
Apr 5- Topic 4

**Rose Garden Library  
Community Room  
1580 Naglee Ave  
San Jose**

Near bus routes: 62, 63, 81

### Evening Series Meeting

**2nd Tues of the month, 7:00 PM**

Jan 9- Topic 2  
Feb 13- Topic 3  
Mar 13- Topic 4  
Apr 10- Topic 1

**Tiny Tots  
138 Railway Ave  
Campbell**

Across from downtown Campbell light rail station and near bus route 26.

### Park Day

**4th Tues of the month—10:30 AM**

Jan 23  
Feb 27  
Mar 27  
Apr 24

**Greystone Park  
Camden Ave & Mt Carmel Dr  
San Jose**

About 15 min walk from bus routes: 63, 13, 328, 330

**Canceled for inclement weather. Check the Facebook page for updates.**

### Fourth Trimester Cafe

**3rd Thurs of the month, 11:00 AM**

Jan 18  
Feb 15  
Mar 15  
Apr 19

**Roy's Station Coffee & Teas  
197 Jackson St.  
San Jose**

Near bus lines: 12, 66, 181, 65, 61, 62  
Near light rail lines: 901, 902

*La Leche League USA's mission is to help mothers to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. La Leche League Leaders are volunteers who have happily breastfed their own children. They are accredited by La Leche League International and offer information and support to breastfeeding mothers through monthly meetings and telephone, email, or online counseling.*

**Topics:** Monthly meetings are based on a series of four topics with an informal, discussion-based format. While meetings are based around these topics, every meeting is different and focuses on the specific questions and concerns that moms have at a given meeting. Never go away with your questions unanswered or concerns unaddressed!

- 1) Advantages of Breastfeeding
- 2) Baby Arrives: The Family and the Breastfed Baby
- 3) The Art of Breastfeeding and Avoiding Difficulties
- 4) Nutrition and Weaning