

Jan-Apr 2017 Meeting Notice

To download a current meeting notice, visit our webpage:
www.llnorcal.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!



LA LECHE LEAGUE

Leaders

The San Jose Leaders are:

Amanda
Andrea
Jay
Janet
Lauren
Mika
Sarah
Rebecca

For phone support:
408-641-0138

For email support:
llofgreatersanjose@gmail.com

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

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

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

San Jose Morning Series Meeting

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

Jan 5- Topic 1
Feb 2- Topic 2
Mar 2- Topic 3
Apr 6- Topic 4

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

Campbell Evening Series Meeting

2nd Wed of the month, 7:00 PM

Jan 11- Topic 2
Feb 8- Topic 3
Mar 8- Topic 4
Apr 12- Topic 1

**Tiny Tots
138 Railway Ave
Campbell**

Santa Clara Park Day

4th Wed of the month—10:30 AM

Jan 25
Feb 22
Mar 22
Apr 26

**Everett Alvarez Jr. Park
2280 Rosita Ave
Santa Clara
Rain: Barnes & Noble
3600 Stevens Creek Blvd
San Jose**

Membership Info

Any donation of \$39 or more is considered a LLL membership. Please see a Leader at any meeting to join. You can also join via Paypal. Sign into Paypal, select 'pay for goods and services' and enter our email:
llofgreatersanjose@gmail.com

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, 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