

# Sept-Dec 2017 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!



**LA LECHE LEAGUE**

### Leaders

The San Jose Leaders are:

Amanda  
Jay  
Janet  
Lauren  
Mika  
Sarah  
Rebecca

For phone support:  
408-641-0138

For email support:  
[lllofgreatersanjose@gmail.com](mailto:lllofgreatersanjose@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**

Sept 7- Topic 1  
Oct 5- Topic 2  
Nov 2- Topic 3  
Dec 7- Topic 4

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

### Campbell Evening Series Meeting

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

Sept 13- Topic 2  
Oct 10- Topic 3  
Nov 14- Topic 4  
Dec 12- Topic 1

**Tiny Tots  
138 Railway Ave  
Campbell**

### Santa Clara Park Day

**4th Tues of the month—10:30 AM**

Sept 26  
Oct 24

No park day in Nov or Dec.

**Everett Alvarez Jr. Park  
2280 Rosita Ave  
Santa Clara**

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

### 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: [lllofgreatersanjose@gmail.com](mailto:lllofgreatersanjose@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