



# Breastfeeding Get-together

Join us and benefit from parent-to-parent contact, encouragement, valuable information and breastfeeding support.

- Come as you are
- Connect with other English-speaking parents
- Find answers to your parenting questions
- Support provided by a helpful Certified Breastfeeding Consultant from Allaitement Québec
- Scale available to check baby's growth
- Everyone is welcome – including expectant moms, moms who previously breastfed and even those who didn't as well as big brothers and sisters!

**Where:** Community Art Room on the second floor of the Jeffery Hale Pavilion (1270 ch. Ste-Foy) Quebec, Qc G1S 6M4

**When:** 10:00 to 11:30 AM once a month on Tuesdays

- **April 30:** Harmonizing family life & breastfeeding with mommy's well-being
- **May 28:** Breastfeeding and sleep
- **June 11:** Pain while Breastfeeding - What's normal?
- **July 16:** Introduction of Solids

To learn more about our other early childhood programs:



Revised April 9, 2019

