*La Leche League Ferndale/Oak Park Evening Group* Information – Discussion – Support

*About La Leche League* La Leche League meetings are small groups of women sharing breastfeeding information in a mother-to-mother support format. These meetings are conducted by La Leche League Leaders: volunteers trained by La Leche League. Leaders are also available by telephone to help with breastfeeding concerns. Our numbers are below, or call (313) 438-1015 for more local Leaders, or 1-800-LALECHE for national and international referrals.

*Moms Who Breastfeed and Those Who Want To* Nursing mothers are welcome, and we also encourage pregnant women to attend to learn how to get breastfeeding off to a good start. Little ones are welcome to come along. Due to limited space in our meeting room, please refrain from bringing strollers (special consideration given to mothers of twins, etc.)

*2014 Evening Meeting Topics First Tuesday of each month, 7:00 p.m. Claddagh Chiropractic Healing Center*

**January 7, 2014**

Do you have enough milk?

**February 4, 2014**

Nutrition for the Whole Family

**March 4, 2014**

Advantages of Breastfeeding for Baby and Mom

**April 1, 2014** Preparing for Birth, Preparing for Breastfeeding

**May 6, 2014**

Nighttime Parenting

**June 3, 2014** Weaning with Love

**July 1, 2014**

Breastfeeding: The Healthy Choice

**August 5, 2014**

Working and Breastfeeding

**September 2, 2014**

Common Concerns

**October 7. 2014**

Discipline is Loving Guidance

**November 4, 2014**

Advantages of Extended Breastfeeding

**December 2, 2014**

Getting Breastfeeding off to a Good Start

*More information*

**Any Questions?** Please contact any of the leaders listed or visit the following websites:

*La Leche League International:* [www.lalecheleague.org](http://www.lalecheleague.org)

*LLL Ferndale/Oak Park Evening Group Webpage:* [www.lllusa.org/web/FerndalePMMI.html](http://www.lllusa.org/web/FerndalePMMI.html)

Look for us on Facebook and on Weebly:

www.LLLfop.weebly.com

*Location Directions*

**Claddagh Chiropractic Healing Center, Suite C, 641 W.Nine Mile, Ferndale MI, 248-882-2301**

The Claddagh Chiropractic Center is at the southeast corner of Livernois and 9 Mile Road, across from Ferndale Foods. From 9 Mile heading west, turn left just before Livernois into their parking lot (the entrance faces Livernois.) From 9 mile heading East, turn right into their parking lot.

*Little ones are always welcome at our meetings!*

La Leche League is a non-profit, non-sectarian organization run by volunteers. Our group library is available to members for reference. Please return book in one month.

**La Leche League of Michigan**

**2014 Area Conference**

May 9-10, 2014 in Metro Detroit area

*Evening Group Leaders:*

**Claudia:** (248) 376-8314 [csraleigh@gmail.com](mailto:csraleigh@gmail.com)

**Jennifer:** (248) 646-0407 [jenndegazio@gmail.com](mailto:jenndegazio@gmail.com) **Meghan:** (248) 547-4934 [megmac@wowway.com](mailto:megmac@wowway.com)