

# *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.)

## 2010 Evening Meeting Topics

*First Tuesday of each month, 7:00 p.m. Oak Park Library*

**January 5**

How to know if you have enough milk?

**February 2**

Family Nutrition

**March 2**

Why Choose Breastfeeding?

**April 6**

Going Back to Work

**May 4**

Night Time Parenting

**June 1**

Weaning Gradually

**July 6**

Breastfeeding 101

**August 3**

The Fourth Trimester

**September 7**

Common Concerns

**October 5**

Gentle Discipline

**November 9\***

Breastfeeding the Older baby

*\*meeting changed to 2<sup>nd</sup> Tuesday due to election*

**December 7**

Your Baby Arrives

## La Leche League of Ferndale / Oak Park Evening Group Leaders:

**Ann:** (248) 546-7234

[ann@mcgaffey.net](mailto:ann@mcgaffey.net)

**Jennifer:** (248) 646-0407

[degazio@comcast.net](mailto:degazio@comcast.net)

**Meghan:** (248) 547-4934

[megmac@wowway.com](mailto:megmac@wowway.com)

## 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 Weebly:

[www.LLLfop.weebly.com](http://www.LLLfop.weebly.com)

## Location Directions

### **Oak Park Public Library**

Located on Oak Park Boulevard (9 ½ Mile Road), just west of Coolidge Highway. The library is on the north side of the street. Park on the east side for easiest access to the meeting.

*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 2010 Area Conference**

at Shanty Creek Resort  
in Bellaire, MI on April 9-10.