

Meets every Wednesdays 1pm-2pm

Location Rotates - check Facebook or
www.janaimeyer.com

What is A Breastfeeding and Infant Nutrition Café?

It is drop-in support group. Goal to offer help and support to all mothers at any stage in their breastfeeding an infant feeding journey, regardless of the age of the baby or child. Pregnant women and partners are welcome. You don't need to have a problem to attend - lots of moms come because they enjoy being in a group with other women chatting about their experiences.

- No appointment needed.
- Run by trained staff.
- Help with variety of topics for feeding infants
- Meet other moms and share experiences in a group.
- Access one-to-one help, should you need it.

Options: Rotate meeting location around town. Snack sharing is welcome.