

## 2010 NW A.M. Group Meeting Schedule

The 3<sup>rd</sup> Tuesday of each month  
10:00am.

North Park Covenant Church  
5250 North Christiana, Chicago

Enter through iron gate and follow signs through south door by playground. We meet in the Nursery Room downstairs.

Need directions? Call Leigh at (773) 205-6059

### A New Decade, An Ancient Practice

- Jan 19 Advantages of breastfeeding for mom and baby
- Feb 16 Baby arrives - Family and the breastfed baby
- Mar 16 Art of breastfeeding and avoiding difficulties
- Apr 13 Nutrition and weaning

### 2010: A Milk Odyssey

- May 18 Looking to a healthy future for mom and baby
- Jun 8\* New to earth: Integrating your new earthling into the family
- Jul 20 Operating and troubleshooting the system
- Aug 17 Venturing forth from the mothership

### Expectations

- Sep 21 Great expectations: Breastfeeding benefits everyone
- Oct 19 Realistic expectations: A new baby in the family
- Nov 16 What to expect, what's normal & how to avoid problems
- Dec 14 How long do you expect to breastfeed; Child led weaning

## Mommy Café

The 4<sup>th</sup> Tuesday of each month  
10:00-11:30am.

Be By Baby!  
1654 West Roscoe, Chicago

The Mommy Café is an open forum for moms to get together and chat. Meet new people; be around other breastfeeding moms and moms of older children.

The Mommy Café is a great opportunity to share thoughts, ideas and ask questions. Please join us.

Warm beverages provided.

Everyone is welcome! Dads too!

**Any questions you have about breastfeeding can be addressed any LLL meeting or Mommy Café.**

## Questions?

**24-hour Hotline:  
1-877-LA-LECHE**

Or contact a Northwest AM Leader:

- Leigh 773-205-6059  
[erdos4@comcast.net](mailto:erdos4@comcast.net)
- Heather 312-951-1971  
[hdm1972@hotmail.com](mailto:hdm1972@hotmail.com)
- Courtney [courtneylhbaros@comcast.net](mailto:courtneylhbaros@comcast.net)
- Kathy [khuske@hotmail.com](mailto:khuske@hotmail.com)

La Leche League Leaders are volunteer Lactation Consultants with personal breastfeeding experience. We are accredited and trained through La Leche League International.

## Membership

You help La Leche League by attending meetings. Without you there would be no group! You also help by paying dues and becoming a La Leche League member. Membership is \$40 per year and holds many benefits for you as well as supporting La Leche League.

***Please consider becoming a member today! A very special thank you to our new and renewing La Leche League members.***

Annual Membership (\$40 per year)  Other Donation: \_\_\_\_\_

If you would like to pay by credit card please visit [www.LLLOfIL.org](http://www.LLLOfIL.org).

Name \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email \_\_\_\_\_

Membership and donations to La Leche League International are tax-deductible.  
Please send this form and check (payable to La Leche League) to:  
LLLNWam c/o Heather Berhalter 2052 N. Burling, Unit 2 Chicago IL 60614

## Please Join Us!

Pregnant women, mothers, babies  
and children welcome!

We warmly invite all interested  
women to attend our meetings. Feel  
free to bring a friend or relative with  
you. La Leche League provides  
mother-to-mother support. We  
appreciate your participation during  
the discussion; the sharing of  
mothering experiences is vital to the  
meetings.

We look forward to seeing you at one  
of our meetings!

Leigh, Courtney, Kathy & Heather,  
the Northwest AM Leaders

*La Leche League is an international, non-  
profit, non-sectarian organization dedicated to  
providing education, information, support &  
encouragement to women who want to  
breastfeed.*

**La Leche League  
Chicago Northwest AM Group**

[www.lalecheleague.org](http://www.lalecheleague.org)

La Leche League  
Chicago Northwest AM Group  
c/o Leigh Erdos  
4730 N. Leamington Ave.  
Chicago IL 60630-3815

# CHICAGO NORTHWEST AM GROUP



**Mother-to-Mother  
Support**

**2010 SCHEDULE**