

2012 MEETING SCHEDULE

La Leche League of Porter County

ALL SERIES MEETINGS ARE HELD
IN FELLOWSHIP HALL OF
TRINITY LUTHERAN CHURCH
201 WASHINGTON ST, VALPARAISO



ALL EVENING MEETINGS ARE HELD
AT UPTOWN CAFÉ
UPTOWN EAST BLDG., 1ST FLOOR
1400 EAST LINCOLNWAY, VALPARAISO

SERIES MEETINGS (2ND WEDNESDAY OF THE MONTH—10 AM)

January 11: Advantages of Breastfeeding
February 8: Balancing Breastfeeding & Family
March 14: Breastfeeding & Returning to Work
April 11: Developing a Parenting Style
May 9: Breastfeeding and Society
June 13: Birth Choices & Breastfeeding
July 11: Dealing with Breastfeeding Challenges
August 8: First Foods: Starting Solids
September 12: Why Choose Breastfeeding?
October 10: Expectations vs. Reality
November 14: Seasonal Stress and Breastfeeding
December 12: Improving Family Nutrition

BREASTFEEDING CAFÉ (THIRD THURSDAY OF THE MONTH—7:30 PM)

January 19: Myth vs. Fact
February 16: Birth
March 15: Basics
April 19: Nutrition
May 17: Benefits
June 21: Family
July 19: Working
August 16: Weaning
September 20: Advantages
October 18: Early Days
November 15: Challenges
December 10: Nighttime

Dads
welcome
at all
Cafe
meetings

Meet other mothers — Come and bring a friend!
visit us online at www.lli.org or www.llusa.org/web/PorterCountyIN.html

Accredited La Leche League Leaders available to answer your questions 24 hours a day:

Shawna Horne
219-797-2513 • dsvvhorne@yahoo.com

Lisa Thompson
219-364-0678 • LJThom601@aol.com

Jenna Summers
219-201-9121 • jennaleighsummers@gmail.com

Alisha Reitz
219-406-3614 • alishaandmatthew@hotmail.com

Julie Lentz
219-299-1600 • julielentz10@yahoo.com

Babies and toddlers are welcome!
ALL questions are welcome.
Meetings include general discussion, lending
library, books and slings for sale, mother-to-
mother support, and valuable information sharing.

Toddler meetings are held the 4th Wednesday
of the month at 10 AM at Trinity Lutheran.

La Leche League is an international, non-profit, non-sectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed their babies. We welcome pregnant, new, and experienced mothers to participate in an open discussion on a variety of topics relating to mothering through breastfeeding.