

2010 Meeting Schedule



ALL SERIES MEETINGS ARE HELD IN
FELLOWSHIP HALL OF TRINITY LUTHERAN CHURCH
201 WASHINGTON ST, VALPARAISO
SERIES MEETINGS
(2ND WEDNESDAY OF THE MONTH—10 AM)

January 13:	Advantages of Breastfeeding
February 10:	“Birth Day” Success
March 10:	Dealing with Breastfeeding Challenges
April 14:	First Foods, Starting Solids
May 12:	Breastfeeding Benefits Everyone
June 9:	Expectations vs. Reality
July 14:	Breastfeeding & Returning to Work
August 11:	Meeting Nighttime Needs
September 8:	Breastfeeding A–Z
October 13:	Coming Home with Baby
November 10:	New Baby in the Family
December 8:	Improving Family Nutrition

ALL EVENING MEETINGS ARE HELD AT
UPTOWN CAFÉ, UPTOWN EAST BLDG., 1ST FLOOR
1400 EAST LINCOLNWAY, VALPARAISO
BREASTFEEDING CAFÉ
(THIRD THURSDAY OF THE MONTH—7:30 PM)

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

**Dads
welcome
at all
Cafe
meetings**

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

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

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

Christie Hanly
219-462-0548

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

Stephanie Fussner
219-766-3197 • fussner@mailforce.net

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.