

THE MECHANICS OF A BREASTFEEDING SUPPORT GROUP

By Kate Copeseeley



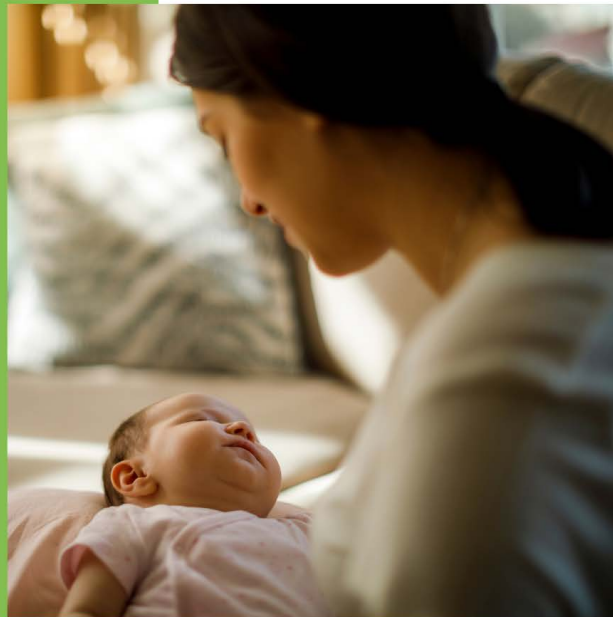
SUPPORT IS
ESSENTIAL



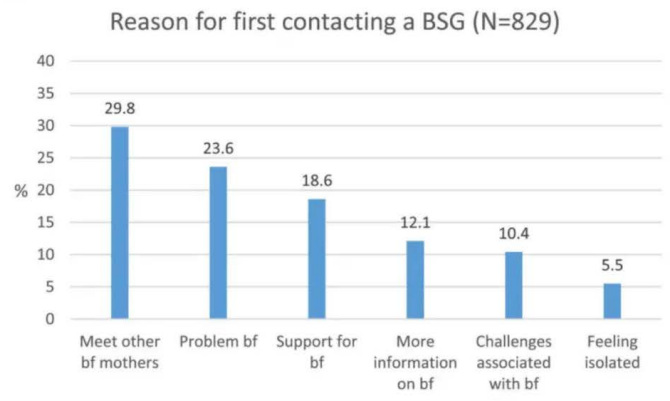
**SUPPORT IS
ESSENTIAL**



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SOME RESEARCH



SOME HISTORY



THE WHY



WHY DO YOU WANT TO START A GROUP?





WHO ARE YOU
SUPPORTING?





CHOOSING YOUR LOCATION





A WELCOMING
SPACE





THE FORMAT





**NURSING BABIES,
NURTURING FAMILIES**

Phone Help
Call or text our phone line and a local La Leche League leader will call you back to help with breastfeeding questions and concerns.

Weekly Meetings
Connect with local breastfeeding families & La Leche League Leaders during our free weekly meetings.

Education
Follow us on IG, FB, and attend any of the various breastfeeding classes we offer throughout the year.

All Services are Free
Weekly Meetings:
Fridays (except holidays)
10:00-11:30 am
MOM Annex, 1925 Mangrove Ave.

www.LLLChico.org
• Phone: (530)-487-4109
• facebook.com/groups/LLLoChico
• instagram.com/lllchico
• Email: lllchico@gmail.com



Lactation Support Group
Friday, September 19th
10-11:30am
MOM Annex
1925 Mangrove in Chico



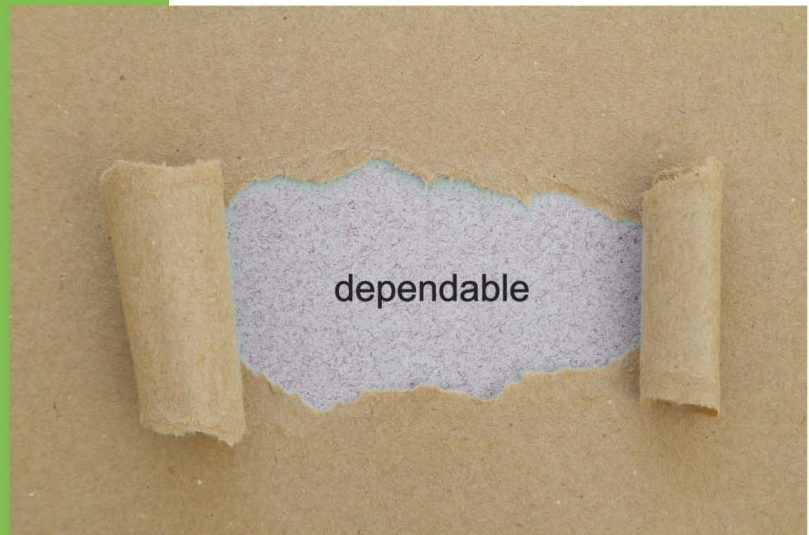
LA LECHE LEAGUE OF CHICO
PRESENTS A LIVE LOVE LATCH EVENT

WELCOME TO
The Let Down
Get Down

**ENCOURAGING
ATTENDANCE**



**CONSISTENCY
IS KEY**



**Deliver on Your
Promises**

