



Are you breastfeeding or considering it?

# La Leche League of Alameda

## Fall/Winter Series

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Each month, we bring lactating caregivers together to discuss breastfeeding related topics. In addition to the topics raised by attendants, a main topic is discussed each month as well.

**10:00am** on the third Wednesday of each month:

September 16 - Advantages of Human Milk and Breastfeeding

October 21 - Realistic Expectations: Family and the Breastfed Baby

November 18 - The Art of Breastfeeding and Avoiding Difficulties

December 9\*\* - Complementary Foods and Family Nutrition

\*\*Second Wednesday instead

All women interested in breastfeeding are encouraged to attend group meetings regardless of membership status. Come any month during the series, the earlier in your pregnancy the better! Babies are always welcome and nurslings of all ages are welcome to join us during online meetings.

To join our meetings on Zoom,  
text (510) 592-8539 or email [LLLofAlameda@gmail.com](mailto:LLLofAlameda@gmail.com)

La Leche League offers:

- FREE monthly mother-to-mother discussion meetings (bring your questions)
- FREE telephone counseling from accredited Leaders
- The latest breastfeeding information
- Support for employed nursing parents
- Networking for at-home nursing parents
- Support for nursing parents of older babies and toddlers
- A large lending library
- Online resources available at [www.LLLI.org](http://www.LLLI.org)

### For Breastfeeding Help or Information

(510) 592-8539 - Lauren (call or text)

(510) 521-4867 - Virginia (call only)

(510) 365-9220 - Brittany (text only)