



Breastfeeding Get-together

Join us and benefit from parent-to-parent contact, encouragement, valuable information and breastfeeding support.

- Come as you are
- Connect with other English-speaking parents
- Find answers to your parenting questions
- Support provided by a helpful Certified Breastfeeding Consultant from Allaitement Québec
- Scale available to check baby's growth
- Everyone is welcome – including expectant moms, moms who previously breastfed and even those who didn't as well as big brothers and sisters!
- **Where:** Community Art Room on the second floor of the Jeffery Hale Pavilion (1270 ch. Ste-Foy) Quebec, Qc G1S 6M4

When: 10 to 11:30 AM once a month on Tuesdays

September 25:	Getting ready to breastfeed
October 30:	Possible pains and injuries during breastfeeding
November 27:	Breastfeeding and post-partum depression
December 11:	Breastfeeding and the holidays

To learn more about our other early childhood programs:



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