



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: Room 1135 on the main 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 (No sessions in April or July)

- May 1:** Breastfeeding Myths and Realities
May 31: Mommy's well-being while breastfeeding
June 26: Breastfeeding in the summer
August 21: Developing a relationship with baby while breastfeeding

To learn more about our other early childhood programs:



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