



Café au Lait Crew

A Nurturing Space for Everyone

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

- Connect with other English-speaking parents
- Support provided by a helpful Certified Breastfeeding Consultant from *Allaitement Québec*
- Scale available to check baby's growth
- Everyone is welcome - including expectant moms, big brothers and sisters

Where: Community Wellness Centre
in the Jeffery Hale Pavilion
1270 chemin Sainte-Foy

When: Tuesdays once a month
from 1:30 to 3:00pm

2021

September 28
October 26
November 23
December NO SESSION

2022

January 25
February 22
March 29
April 26
May 24