



Interested in BREASTFEEDING?

Breastfeeding is a wonderful and natural process, but you may need support, encouragement, and information on topics such as positioning, working while breastfeeding, avoiding problems, and overcoming difficulties. La Leche League is an international nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

Attending La Leche League meetings can help you learn about breastfeeding from other nursing mothers. At these monthly meetings, mothers share not only their questions and concerns but also the benefits and joys of breastfeeding. La Leche League Groups provide a lending library of books on the subjects of pregnancy, childbirth, and breastfeeding, as well as access to helpful pamphlets from the world's experts on breastfeeding. La Leche League Leaders also provide telephone counseling to mothers with questions between meetings. Being in touch with La Leche League can give you the network of support you need!

Meetings are held on the **second Tuesday** of each month at **10:30 am**. Meetings are held in Room B of the Tomball Community Center, 221 Market Street in downtown Tomball (on the corner with Cherry Street, one block south of Main Street in downtown Tomball). Our meetings, covering a rotating series of topics, are scheduled for the following dates in 2009:

January 13

July 14

February 10

August 11

March 10

September 8

April 14

October 13

May 12

November 10

June 9

December 8

LLL meetings are open to all women interested in breastfeeding. There is no charge to attend or to call an accredited La Leche League leader with questions or problems.

Breastfeeding babies are always welcome!

Questions? Contact the following LLL Group Leaders for further information on breastfeeding:



(832) 934-2820

Penny

p.piercy@gmail.com

(281) 580-1903

Jeanie



Houston Area LLL Helpline 713-383-2819

Website: www.lllhouston.org