

## *Leaders*

LLL Leaders are parent volunteers who have been trained to help people with breastfeeding, chestfeeding, human milk feeding, parenting, and family nutrition.

## *Group Help*

LLL meetings are free, accepting, relaxed places for parents and their babies/young children to meet with LLL Leaders and other parents.

We share helpful information and make time to include everyone's concerns and questions.

Attend once, a few times, or for years - whatever works best for you and your family!

## *Personal Help*

LLL Leaders are available by phone, email, or Facebook messenger to answer your questions. We offer information, resources, and emotional support absolutely free!

## OUR COMMITMENT

*LLL USA is committed to diversity and inclusion.*

*LLL USA supports all breastfeeding, chestfeeding, and human milk feeding families, inclusive of their race, ethnicity, immigration status, national origin, creed, age, sexual orientation, gender identity, family structure, primary language, ability, or socio-economic status. LLL USA fosters diversity among its Leaders so as to incorporate a wide variety of perspectives and responsible decision-making.*



**La Leche League of  
Bloomington Indiana**

Lera 812-332-7647

MaryAnn 812-334-8494

[llofindiana.org/find-a-group/bloomington](http://llofindiana.org/find-a-group/bloomington)



**La Leche League  
of Bloomington  
Indiana**

*Free support and information  
to help you meet your goals!*

\* Babies \* Breastfeeding \*  
\* Pregnancy \* Making Milk \*  
\* Pumping & Feeding Milk \*  
\* Nutrition \* Chestfeeding \*  
\* Parenting \* Birth \* Daycare \*  
\* Sleep \* Teething \* Toddlers \*  
\* First Foods \* Weaning \*