

# 1st Wednesday Evenings 2020 | 6pm to 7pm

Bloomington City Hall  
401 N. Morton St.  
Bloomington, IN 47404

Room #135 McCloskey Room  
Free, Lighted parking in  
Farmers' Market Lot  
Bloomington Transit #2W to Showers Complex

Month	Day	Topic
Jan		No Meeting
Feb	5	Birth and Babies
Mar	4	Working and Pumping
Apr	1	Food For Fun Before One!
May	6	Human Milk: More Than Food
Jun	3	Infant and Adult Sleep
Jul		No Meeting
Aug	5	Taking on Toddlerhood
Sep	2	Babies, Work, & School
Oct	7	Bonding and Breastfeeding
Nov	4	New Normal: Life with a Baby
Dec	2	Overcoming Challenges

If Bloomington City Hall is closed, LLL is cancelled.  
([www.bloomington.in.gov](http://www.bloomington.in.gov))

# 3rd Wednesday Mornings 2020 | 10am to 11am

Banneker Community Center  
930 W. 7th St. (corner of 7th and N. Elm)  
Bloomington, IN 47404

3rd Floor Playroom  
Ramp to elevator at Elm St entrance  
Stairs at 7th St entrance  
Free Street Parking  
Bloomington Transit #3 to W. Kirkwood/N. Elm

Month	Day	Topic
Jan	15	Feeding the Family
Feb	19	Nurturing and Nourishing
Mar		No Meeting
Apr	15	Older Babies, New Questions
May	20	Weaning Happens
Jun	17	Parenting as Loving Guidance
Jul		No Meeting
Aug	19	Supporting Parents and Families
Sep	16	Baby-Led Eating: New Foods
Oct	21	Balancing Family Needs
Nov	18	Sleeping Like a Baby
Dec	16	Adjusting to Life with a Newborn

If MCCSC cancels or delays schools, LLL is cancelled.  
([www.mccsc.edu](http://www.mccsc.edu))



## Online and Phone Support

### Global

[llli.org](http://llli.org) & [llusa.org](http://llusa.org)

[facebook.com/groups/LLLLI.Breastfeeding.Support](https://facebook.com/groups/LLLLI.Breastfeeding.Support)  
[facebook.com/LaLecheLeagueUSA](https://facebook.com/LaLecheLeagueUSA)

### Local

#### La Leche League Leaders

MaryAnn

812-334-8494

*(voice, not text)*

[maryann.lll.btown@gmail.com](mailto:maryann.lll.btown@gmail.com)

Lera

812-332-7647

*(voice, not text)*

#### La Leche League Online

[facebook.com/LaLecheLeagueBloomingtonIN](https://facebook.com/LaLecheLeagueBloomingtonIN)

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

## 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 gatherings 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!

## Personal Help

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

## Our Commitment

La Leche League Leaders are committed to diversity and inclusion.

We support 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. La Leche League 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  
*(voice, not text)*

MaryAnn  
812-334-8494  
*(voice, not text)*



## La Leche League of Bloomington, IN

**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