

**2021**  
**La Leche League of Bloomington Indiana**  
**Virtual Group Meetings and Individual Support**

**Contact us anytime with your questions, concerns and for virtual group access information:**

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

Facebook messenger @lalecheleaguebloomingtonIN

Phone (voice, no text) Lera (812-332-7647) and  
MaryAnn (812-334-8494)

**We provide support and information to breastfeeding, chestfeeding and pumping families on all aspects of infant and young child feeding and related parenting topics. All support and meetings are free, and membership is not required.**

**Virtual Meeting Dates and Topics:**

January 6	Evening	Zoom at 6:15pm	The Breastfed Baby
January 20	Morning	Zoom at 10:15am	Breastfeeding and Sleep
February 3	Evening	Zoom at 6:15pm	Babies, Pumping, Work & School
February 17	Morning	Zoom at 10:15am	Introducing Solid Food
March 3	Evening	Zoom at 6:15pm	Birth and Adjusting to Parenthood
March 17	Morning	Zoom at 10:15am	It's Not Just About the Nutrition
April 7	Evening	Zoom at 6:15pm	Nursing Toddlers
April 21	Morning	Zoom at 10:15am	Overcoming Challenges
May 5	Evening	Zoom at 6:15pm	Not Easy, but Worth It
May 19	Morning	Zoom at 10:15am	New Normal: Life with a Baby
June 2	Evening	Zoom at 6:15pm	Sleeping Like a Baby
June 16	Morning	Zoom at 10:15am	Weaning Gradually
August 4	Evening	Zoom at 6:15pm	Meeting Your Goals
August 18	Morning	Zoom at 10:15am	Bonding and Breastfeeding
September 1	Evening	Zoom at 6:15pm	Questions about Solid Food
September 15	Morning	Zoom at 10:15am	Combining Breastfeeding & Work
October 6	Evening	Zoom at 6:15pm	Natural, but Not Easy
October 20	Morning	Zoom at 10:15am	Birth, Newborns & Growth Spurts

Nov 3	Evening	Zoom at 6:15pm	Getting Enough Rest
Nov 17	Morning	Zoom at 10:15am	Nursing Through the Holidays
Dec 1	Evening	Zoom at 6:15pm	Older Babies, New Questions
Dec 15	Morning	Zoom at 10:15am	Art and Science of Making Milk