

# La Leche League of Porter County



# 2024 Meeting Schedule

Day meetings are held in  
Valparaiso Public Library, Meeting Room A  
103 Jefferson St., Valparaiso  
Check our Facebook page for location updates

Evening meetings are held at  
Panera Bread  
2710 Laporte Ave., Suite 150  
Valparaiso

## SERIES MEETINGS

(2nd WEDNESDAY OF THE MONTH @10AM)

January 10:	Myth vs. Fact
February 14:	Birth Choices and Breastfeeding
March 13:	Dealing with Breastfeeding Challenges
April 10:	Approaches to Weaning
May 8:	NO MEETING
June 12:	Expectations vs. Reality
July 10:	Family and the Breastfed Baby
August 14:	Adventures in Gentle Discipline
September 11:	Advantages of Breastfeeding
October 9:	Older Babies, New Questions
November 13:	Balancing Baby and Work
December 11:	First Foods: Starting Solids

## BREASTFEEDING CAFE

(4th TUESDAY OF THE MONTH @7PM)

January 23:	Breastfeeding Benefits
February 27:	Early Days
March 26:	Working
April 23:	Nutrition
May 28:	Advantages of Breastfeeding
June 25:	Birth
July 23:	Overcoming Challenges
August 27:	Weaning
September 24:	Breastfeeding Benefits Everyone
October 22:	Back to Basics
November 26:	Families and Holidays
December 17:	NO MEETING

Meet other parents – Come and bring a friend!

Visit us online at [www.llofindiana.org](http://www.llofindiana.org)

Or find us on our Facebook page: *La Leche League of Porter County, Indiana*

Accredited La Leche League Leaders available to answer your questions 24 hours a day:

Lisa Sutton  
219-309-8550  
[lisarssutton@gmail.com](mailto:lisarssutton@gmail.com)

Megan Miltz  
317-701-5194  
[megmiltz@gmail.com](mailto:megmiltz@gmail.com)

Monthly Playdate 1<sup>st</sup> Wed. of the month (Apr.-Nov., weather permitting) 10am at Tower Park, corner of Franklin and Evans, Valpo. Watch our FB page for details.

Meetings include general discussion, lending library, books and slings for sale, breastfeeding support, and valuable information sharing.

Babies, toddlers, and ALL questions are welcome!

La Leche League is an international, non-profit, non-sectarian organization dedicated to providing education, information, support, and encouragement to all parents who want to use human milk to feed their babies. We welcome pregnant, new, and experienced parents to participate in an open discussion on a variety of topics relating to parenting through breastfeeding. We support all breastfeeding, chestfeeding, and human milk feeding families.