La Leche League of Bloomington Indiana

Support ~ Information ~ Community

Serving South Central Indiana Families

Free breastfeeding and human milk feeding support from trained La Leche League Leaders, one-on-one or at group meetings covering a wide range of topics including:

Pregnancy through all ages/stages of infant growth and behavior ~ overcoming challenges with milk supply and latching ~ starting solids and family nutrition ~ return to work or school ~ pumping ~ childcare ~ gentle discipline ~ weaning

Ofrecemos apoyo en inglés y en español.

Drop in at free monthly 2026 group meetings (QR code).

Family members, infants, and children are welcome to attend.

In-Person Morning Meetings:

2nd Mondays, most months from 10:00-11:00am

Banneker Community Center (3rd Floor Playroom)
930 W 7th St, Bloomington, IN 47404
(Ramp and elevator accessible from Elm St door ~ Free street parking
Bloomington Transit Route 3W, Kirkwood/Elm Stop, walk 2 blocks north)

Virtual Evening Meetings:

4th Mondays, most months from 6:30-7:30pm
on Zoom (contact a leader for virtual link)

Contact Local LLL Leaders for support/zoom links

Jennifer ~ Lera ~ MaryAnn

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