

Leaders and Meeting Locations

Jupiter

3rd Thursday of each month - 6:30-8:30 PM

Kekki Chiropractic, 401 Maplewood Dr, Jupiter, 33458

** Dads and support people are welcome*

Gina

561-318-3156

GinaLaLeche@gmail.com

Katie

KatieLLLeader@gmail.com

West Palm Beach

1st Thursday of each month - 6:45 pm

St. Mary's Medical Center, WPB

** Dads and support people are welcome*

Christine

561-308-2896

Christine.LaLeche@gmail.com

Sara

Lake Worth/Boynton Beach

1st Saturday of each month - 10 am

Bethesda Memorial Hospital

Wynna

561-649-8938

llloflwbb@gmail.com

Natalia (Eng-Spanish)

561- 713-0699

natty3711@gmail.com

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Wellington

1st Monday of each month - 7 pm

Wellington Regional Medical Center

<http://www.LLLWellington.org>

Jana

561-798-0922

Delainey

delainey@bellsouth.net

Sarah

561-247-3587

Nicole

Nicole@LLLWellington.org

Boca Raton

1st Wednesday of each month - 8 pm

Please contact a Group Leader for the meeting location

3rd Thursday of each month – 10 am

at Organic Movements

2400 NW Boca Raton Blvd, # 12

Boca Raton, FL 33431

** Women and children only, please*

Amy

561- 279-2664

Darcey

Darcey.Delgado@gmail.com

Meeting times and locations

may change.

Please contact a Leader to confirm.

Revised JANUARY 2016

La Leche League of Palm Beach County



La Leche League is an international, nonprofit, non-sectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

www.llli.org
www.lllflorida.com

What Happens at a La Leche League Meeting?

You can look. You can see other pregnant women, mothers and babies. Seeing other women nurse their babies can help normalize breastfeeding, if it is new for you.

You can listen. Some women like to share their struggles and triumphs at meetings. Other women prefer to just listen and observe. Either is perfectly fine!

You can ask questions. What are the signs that my baby is getting enough milk? What do I do if my baby cries? How do I manage working and breastfeeding? How do I know when my baby is ready for solids? How can the baby's dad bond with the baby without bottle feeding?

You can find friends. Attending meetings is a great way to expand your support system. Feel free to exchange numbers with other mothers. Many lasting friendships start at LLL meetings.

You can help another mother. The heart of La Leche League is mothers helping mothers. Right now you may be a new mother with many questions. But in time, you will develop wisdom and experience that you will be able to pass to new mothers. What a great feeling that it!

Meetings can be a great time to get out with your baby and young children.

Come when you can.

Leave when you need to.

You are always weLLLcome!

La Leche League Monthly Series Meetings

LLL Monthly Series Meetings are informal, open-ended discussions about breastfeeding and related aspects of parenting.

Each meeting covers one of four general topics. However, the specifics of the topic, the mothers in attendance, and where you are in your breastfeeding journey ensure that no two meetings are alike.

These are the 4 topics:

- ***The Importance and Value of Breastfeeding***
- ***Breastfeeding in the Early Days and Family Dynamics***
- ***Breastfeeding Basics and Avoiding/Overcoming Difficulties***
- ***Nutrition, Starting Solids, and Weaning***

All breastfeeding questions and concerns are welcome at every meeting, regardless of the meeting topic. Should you need support or information before the next meeting, please contact a Leader.

La Leche League is here to support mothers reach their own breastfeeding goals, whether that is 2 weeks, 2 months, 2 years, or beyond.

You may see and hear things that are new to you. As we always say, "Take what *works* for you and your family, and leave the rest behind."

More about La Leche League

Leaders are volunteers, fully accredited by La Leche League International. We are experienced breastfeeding mothers trained to provide mother-to-mother breastfeeding support, information, encouragement, and education.

La Leche League offers these resources:

- The most current, research-based breastfeeding information
- Free monthly meetings
- Free phone and email support
- A lending library with books on breastfeeding, childbirth, parenting, and nutrition
- ***The Womanly Art of Breastfeeding***, a comprehensive book offering practical help and reassurance for nursing mothers
- ***New Beginnings***, a bimonthly online journal for parents
- LLL International's award-winning informational website

La Leche League is entirely supported by donations, memberships, and sales of materials. If you would like to support La Leche League through a membership or tax-deductible donation, please contact a local Leader.

Meetings, phone help, and online support are always free