

Free resources from your neighborhood breastfeeding support group:

La Leche League Chicago Northside



Meetings

Join accredited LLL Leaders as we build community & get/give support on all things breastfeeding, pumping, & lactation-related. Discuss recent wins & challenges and help troubleshoot breastfeeding ups/downs. For nursing parents, their children, & support people.

In Person: 2nd/3rd Sundays at **Five Point Holistic Health** in Avondale. Drop in for any amount of time! Everyone is welcome. No registration is necessary. Details:

Sun Dec 10 3-5pm || Sun Jan 21 3-5pm

Sun Feb 18 3-5pm || Sun Mar 17 3-5pm



Virtual: First Wednesday of each month 9-10am on Zoom. Register:



Breastfeeding 101: Intro to BF class. Tuesday Dec 5, 7pm. Register:



Contact a Leader

Struggling and need urgent support? Have questions about our group? Contact us:

lllchicagonorth@gmail.com || **773-257-3664**