



# Questions about BREASTFEEDING?

## La Leche League offers:

- Mother-to-mother support
- Leaders accredited by La Leche League International
- Latest breastfeeding information
- Free 24-hour telephone help (*All breastfeeding questions welcome! Call any Leader listed below.*)
- Lending library with books on breastfeeding, childbirth,

## Our meetings are:

- Free
- Open to any questions
- Open to all pregnant women, mothers, babies and children
- A great opportunity to meet other breastfeeding moms



Find us on Facebook as  
Columbia MO La Leche League

Reach a Columbia, Missouri Leader:  
573-340-6555 (call or text)  
[LLLcolumbiamo@gmail.com](mailto:LLLcolumbiamo@gmail.com)

## Columbia Morning Group

Watch our Facebook page for online meetings  
announcements.

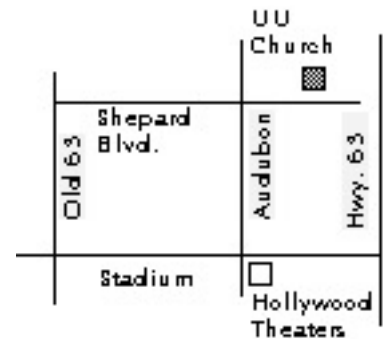
## Saturday Playgroup dates:

April 28  
June 16  
August 18  
All of these will be at Stephens Lake Park.

## Columbia Evening Group

meets the 3rd Tuesday of each month at 7 p.m.

January 16, 2018  
February 20, 2018  
March 20, 2018  
April 17, 2018  
May 15, 2018  
June 19, 2017  
July 17, 2018  
August 21, 2018  
September 18, 2018  
October 16, 2018  
November 20, 2018  
December 18, 2018



## Meeting location:

Unitarian Universalist Church  
2615 Shepard Blvd.

Spouses and partners are always welcome to attend our meetings.