



# Café au Lait Crew

A Nurturing Space for Everyone

Join us and benefit from parent-to-parent contact, encouragement, valuable information including breastfeeding support.

- Connect with other English-speaking parents
- Support provided by a helpful Certified Breastfeeding Consultant from Allaitement Québec
- Scale available to check baby's growth
- Everyone is welcome - including expectant moms, big brothers and sisters

**Where:** Multipurpose Room  
in the Jeffery Hale Pavilion  
1270 chemin Sainte-Foy

**When:** Tuesdays once a month  
from 10 to 11:30 am

## 2019

Sept 17:	What if I can't provide enough milk? - CANCELLED
Oct 22:	Breastfeeding Myths and Realities
Nov 19:	Road trip? How to help your baby have a happy holiday too.
Dec:	No session

## 2020

Jan 28:	Breastfeeding isn't for everyone and that's ok (supporting each other)
Feb 25:	Introducing solids
Mar 24:	Finding ways for everyone to get enough sleep
Apr 28:	Pumping, Storing and Handling Breastmilk
May 26:	Issues we face as family dynamics change