

Café Mom

Informal Free Weekly Breastfeeding Support

The First 5 Welcome Baby! Program offers support, encouragement, and current information about all aspects of breastfeeding.

If you are:

- Pregnant and interested in breastfeeding*
- Having any difficulties breastfeeding*
- Have questions with anything to do with breastfeeding*
- Would like to chat with other breastfeeding mothers*

We have a lot of information and resources to share!



*Every Wednesday
Starting February 16th
from 12:30 to 1:30*

*At the Java Joint in the
Minaret Mall
For more details please
contact:
Debbie Riffel, CLEC
at 760-914-1431*

