



Café Mom

*Informal • Free • Weekly
Breastfeeding and Mom-to-Mom 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

12:30 - 1:30 p.m.

Mammoth Creek Park

For more details please contact:

Debbie Riffel, CLEC at 760-914-1431

*Para ayuda en español en lactancia
maternal, llamar a:*

Elvira, 760-914-3995