



Café Mom

An Informal and Free Breastfeeding Support Group

If you are:

- *Pregnant or currently breastfeeding*
- *Having difficulties breastfeeding*
- *Looking to chat with other breastfeeding mothers*

First 5 Mono can assist with any questions about breastfeeding and provide support to new moms! Join our Certified Lactation Educator Counselor, Debbie Riffel, on the...

first Tuesday of each month

10:00 - 11:00 am

May 1

June 5

July 3

***Adult Education Classroom in the Mammoth Library
400 Sierra Park Rd***

For more info, contact Debbie at 760-914-1431

If group is well attended, we hope to schedule more!