



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...

Tuesdays

11:30 am - 12:30 pm

Oct 16, 23, 30, & Nov 6

The Bistro at Snowcreek Athletic Club
51 Club Dr off Old Mammoth Rd

For more info, contact Debbie at 760-914-1431
If the group is well attended, we hope to schedule more!