



# 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**  
**Nov 13, 20, 27, & Dec 4**

*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!*