



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
12:00 pm - 1:00 pm
February 5 - 26

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

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