



# 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...*

**Weekly on Tuesdays  
12:00 pm - 1:00 pm  
Starting April 2**

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

Debbie will be present for support and education at most groups, but due to her work commitments for another position, will not be present at all meetings. Even if Debbie is not present, we are confident moms will be able to support one another when she isn't there.

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