

Join Family Services of the North Shore and CAPC!

“Breastfeeding 101 – Learning makes it Natural”

for expectant mothers and their partners



with

**Workshop Leader: Marianne Brophy
International Board Certified Lactation Consultant**

The things all your friends wish they knew before they had children.

- **How does breastfeeding really work and why is it important?**
- **Will my baby know how to latch and how can I be more successful?**
- **What if it doesn't go as planned (or how it looks in all the pictures)?**
 - **What can I expect in the first few weeks?**
 - **Where can I go for help and support?**

Saturday October 24, 2015

1-4 pm

I hope family centre (Maplewood House 399 Seymour River Pl. – through the back gate)

Please RSVP: to Shauna - mokelki@familyservices.bc.ca

Financial contribution from

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