



Breastfeeding Support Group

Join us in a welcoming & supportive space to share your breastfeeding journey, ask questions & get expert help from our certified lactation consultant.

What to Expect

- *Basic lactation discussions*
- *Hands-on support including:*
 - *Latch observation*
 - *Pump flange fitting*
 - *Pre-/post-feed baby weight checks with scale*

1st & 3rd Monday

6:30 pm

MVH Boardroom – 2nd Floor

Meet at the 2nd Floor Fireplace – our lactation consultant will greet and escort you.

For new & expecting parents. Help build confidence, get support & connect with other parents!

Babies are always welcome 