



JASPER PLACE  
Family Resource Centre

# BONDING TOGETHER

## PARENT AND BABY

### ARE YOU ON THE JOURNEY OF BREAST/CHESTFEEDING AND/OR SUPPLEMENTING?

This program provides a nurturing, engaging environment with opportunities for parents to share their knowledge, experiences, challenges and joys with breast/chest feeding. Parents are encouraged to provide support to one another and naturally build social connections along the way.

This group is facilitated by: an accredited La Leche League Canada Leader, a non-profit organization that provides breast/chestfeeding support, a certified lactation counselor and educator as well as a registered nurse and International Board Certified Lactation Consultant.



**Starting Apr 6 until June 22, 2023**

**When:**

- Every Thursday online  
@ 1:30 pm - 2:30 pm



*\*Best suited for: Pregnant and parenting caregivers of infants/toddlers who are looking for knowledge, support and encouragement with breast/chestfeeding*

*\*Registration required to get the Zoom link*



For more information,  
please call at 587-635-1775 or  
Visit <https://jasperplace-cfrc.com/calendar/>