



LA LECHE LEAGUE  
CANADA

Prenatal  
Breastfeeding  
Classes

**Register Now!**

[www.lllc.ca/lllc-prenatal](http://www.lllc.ca/lllc-prenatal)



## Prenatal Breastfeeding Class

A prenatal breastfeeding class providing preparation and education for expectant parents and their partners or support person.

Are you pregnant? Do you want to learn about ways to reach your breastfeeding or chestfeeding goals?

La Leche League Canada offers prenatal breastfeeding classes for you (the breastfeeding/ chestfeeding parent) and your partner or support person delivered by nationally accredited La Leche League Canada Leaders (breastfeeding educators).

2022 Dates by LLLC Newmarket; Thursdays, January 27, February 24, March 24, April 28  
All Dates run @ 7:00 pm – 9:30 pm *\*All gatherings and prenatal sessions will be virtual*

Join us to learn about:

- 🌀 The advantages of breastfeeding for parent, baby, family and community
- 🌀 Avoiding and overcoming difficulties
- 🌀 Adjusting to life with a breastfed baby
- 🌀 Optimizing positioning and latch
- 🌀 Normal breastfed baby behaviour

There is no fee for this class but registration is required. Please contact Denise at 905-252-5447 or [denise.martin@LLLC.ca](mailto:denise.martin@LLLC.ca) to register and receive the Login

### LLLC Mission

Our Mission is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

These classes are offered FREE but donations are highly welcomed! [www.LLLC.ca](http://www.LLLC.ca)

