



Subject : You're Invited: The Great Canadian LLLatch-On in [City/Region]!

We are excited to invite you to join us for the **Great Canadian LLLatch-On**, hosted by La Leche League Canada [Group Name], happening on **[date] at [location]**.

The LLLatch-On is a family event held during **Canadian Breastfeeding Week (October 1–7)**. Across Canada, families will gather together to celebrate the normalcy of breastfeeding while building community and raising awareness of the importance of supporting lactation.

Our event will include:

- The **LLLatch-On challenge** at **[time]**, where families and babies will nurse at the same time, alongside participants nationwide.
- Family-friendly activities such as **[insert: colouring tables, games, information booths, etc.]**.
- An opportunity to connect with other parents, supporters, and community members who value breastfeeding and family support.

This is a free event, open to everyone; parents, babies, siblings, grandparents, and supporters. We'd love for you to be part of this coast-to-coast celebration!

For more details or to register, please contact **[Leader name + email/phone]** or visit LLLC.ca/lllatchon.

Together, let's celebrate, support, and honour the power of human milk and community.

Warmly,

[Your Name]

LLLC-[Group Name]