



# *La Leche League of Minnesota and the Dakotas*

La Leche League of Minnesota and the Dakotas welcomes you to copy and distribute this document to help breastfeeding mothers find support in their area.

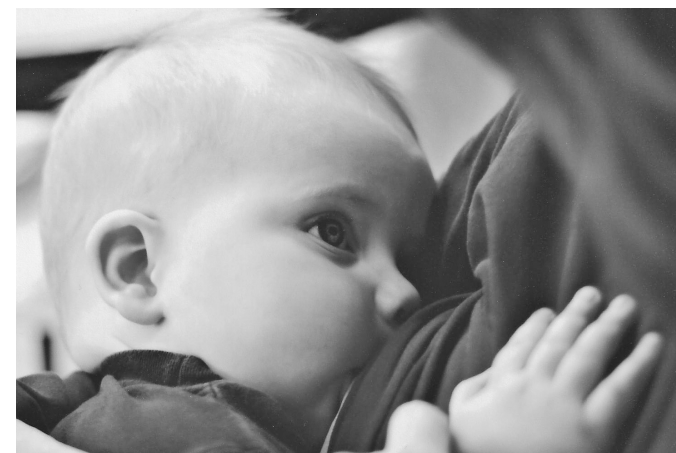
To find a Group near you,  
please visit:  
[www.llofmndas.org](http://www.llofmndas.org)

Referral Line:  
612-922-4996

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed.

**For more information, please visit:**  
[www.llofmndas.org](http://www.llofmndas.org)

*If you would like to support breastfeeding education and support in your community, as well as at state and international levels, please speak to your local Group about purchasing a one-year, tax-deductible La Leche League membership.*



## *Phone and Email Help*

La Leche League Leaders are women who have breastfed their own children, and volunteer their time, talents, and energy to help other mothers meet their breastfeeding goals.

Leaders are trained and accredited by La Leche League International. Leaders offer 24-hour telephone help on breastfeeding and related topics. When possible, please call between 9 am and 9 pm. We are also available by email to answer your breastfeeding questions.

Calling or emailing an LLL Leader is always free.

Please visit [www.lllofmndas.org](http://www.lllofmndas.org) to find contact information for your local Leader.

Or call our Referral Line at 612-922-4996. A Leader will return your call and help connect you with your local Group.

## *La Leche League Meetings*

LLL offers help to any woman who wishes to breastfeed her baby. When you come to an LLL meeting, you'll find pregnant women, new mothers and their babies, experienced nursing mothers and a friendly atmosphere. The meetings are informal, with a Leader encouraging discussion and gently supporting mothers as they learn to meet the needs of their babies.

Meeting topics include: the early days of breastfeeding, avoiding difficulties, advantages of breastfeeding, nutrition and weaning. Meetings are free and babies are welcome!

Meetings are held in many locations across Minnesota, North Dakota and South Dakota during the day and in the evening to meet the varying needs and schedules of mothers.

## *La Leche League Meetings*

Meetings are open to any woman who is interested in breastfeeding. Pregnant women are encouraged to attend in preparation for birth and breastfeeding.

Experienced mothers can share their knowledge and experience with newcomers. Mothers enjoy coming to meetings even if they do not have any breastfeeding challenges!

You will benefit from an LLL meeting if you are...

- an expectant mother
- a stay-at-home mother
- a working mother
- a pumping mother
- nursing a toddler
- interested in learning more about breastfeeding!

