



# Drop-in to our ROCK Early Years Community Breast/Chestfeeding Clinic

where parents and their breast/chest fed babies over 6 weeks of age receive free support.

A Lactation Consultant (IBCLC), who is also a Registered Nurse is available to answer your questions and provide assistance with any feeding challenges.

Monday afternoons from 1:00 – 2:15 p.m.  
Wednesday mornings from 9:30 – 11:15 am.

Rock EarlyON Centre – Cumberland Site  
710 Cumberland Ave

Note: if you are currently pumping, supplementing or using a lactation aid, please bring this equipment with you.

# ROCK Early Years Breast/ Chestfeeding Meet-up

Do you have feeding questions? Want to meet other breast/chestfeeding parents? Please join us! A different topic is discussed at each meet-up followed by a question and answer period.

**1st and 3rd Wednesday of each month**

**1:30 – 3:30 p.m.**

**Rock EarlyON Centre - 710 Cumberland Ave**

- June 5** Help, I'm returning to work and breastfeeding, what should I do?
- June 19** Breastfeeding shouldn't hurt so why is it? Causes of breastfeeding pain
- July 3** CLOSED
- July 17** Summer time breastfeeding, tricks & tips for the season
- Aug 7** World Breastfeeding Week Celebration! Theme: Empower Parents, Enable Breastfeeding
- Aug 21** Cannabis, alcohol, prescription medications, do they mix with breastfeeding?
- Sept 4** Breastfeeding 101 - Back to the basics
- Sept 18** Breastfeeding myths, Busted!
- Oct 2** Breastfeeding and your mood. It's more than "just hormones"
- Oct 16** Sleep and your breastfed baby
- Nov 6** Breastfeeding challenges as your baby grows
- Nov 20** Breastfeeding fertility and sexuality
- Dec 4** Sleep & your breastfed baby
- Dec 18** Breastfeeding and surviving the holidays
- Jan 1** CLOSED
- Jan 15** Healthy Nutrition for mom & baby
- Feb 5** Help, I'm returning to work and breastfeeding, what should I do?
- Feb 19** Breastfeeding shouldn't hurt so why is it? Causes of breastfeeding pain
- Mar 4** Cannabis, alcohol, prescription medications, do they mix with breastfeeding?
- Mar 18** CLOSED (March Break)
- Apr 1** Breastfeeding 101 - Back to the basics
- April 15** Breastfeeding myths, Busted!
- May 6** World Maternal Mental Health Day Celebration!
- May 20** Breastfeeding and starting solids