



# FREE BREASTFEEDING SUPPORT GROUP GRUPO de APOYO de LACTANCIA GRATUITO

## babycafé



### BABY CAFÉ DETAILS:



Always check for schedule changes via the QR code and our Instagram page.

## FORT WORTH

### BABY CAFÉ EN ESPAÑOL:

### Mothers' Milk Bank of North Texas

Every Tuesday from 10 a.m. to 12 p.m.

Baby Café es organizado por una consultora de lactancia bilingüe el 2do y 4to martes en Fort Worth.

\*La traducción al español siempre está disponible en nuestras sesiones de martes Baby Café

## DALLAS

### Abide Women's Health Services

1st and 3rd Thursday from 11 a.m. to 1 p.m.

## VIRTUAL

### Email [maggie@texasmilkbank.org](mailto:maggie@texasmilkbank.org) for secure link to join.

2nd and 4th Thursday from 6 p.m. to 8 p.m.

### Para padres, bebés, hermanos y partidarias de lactancia

Habla con una consultora de lactancia certificada  
Conoce a otras familias con bebés que amamantan  
Pesa a tu bebé  
No es necesario registrarse para las sesiones en persona

### For parents, babies, siblings and breastfeeding supporters

Talk to a certified lactation consultant  
Meet other breastfeeding families  
Weigh your baby  
No registration needed for in-person sessions

Hosted by:



Community Partners:



Questions/Preguntas: contact [maggie@texasmilkbank.org](mailto:maggie@texasmilkbank.org) or 817-810-0071

[www.texasmilkbank.org](http://www.texasmilkbank.org)