



# babycafé

## FREE

# BREASTFEEDING SUPPORT

## APOYO a la LACTANCIA GRATUITO

Always check for schedule changes via the QR code:



*Breastfeeding support isn't just for problem-solving.*

You can learn about breastfeeding throughout your baby's ages and stages by attending Baby Café regularly.



**Talk to a certified lactation consultant : Meet other breastfeeding families**

### IN-PERSON

**Mothers' Milk Bank of North Texas:** Tuesdays from 10 a.m. to 12 p.m. in Fort Worth

**Abide Women's Health Services:** 2nd Tuesday & 3rd Thursday from 11 a.m. to 1 p.m. in Dallas

*\*scan the QR code for calendar of all upcoming dates and location details*

### BABY CAFÉ EN ESPAÑOL:

**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 en Fort Worth y en todas las sesiones de Dallas.*

Habla con una consultora de lactancia certificada : Conoce a otras familias con bebés que amamantan

### 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.**

Hosted by:



mothers' milk bank of north texas  
EST. 2004

Community Partners:



abide  
women's health services



dallas lactation consultant association



dallas area breastfeeding alliance