



babycafé

FREE

BREASTFEEDING SUPPORT

APOYO a la LACTANCIA GRATUITO

Join us to learn about breastfeeding throughout your baby's ages and stages.

Talk to a certified lactation consultant : Meet other breastfeeding families

Scan the QR code
for upcoming dates
& location details.

**Always check for
schedule changes.**



IN-PERSON

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

Fridays from 12 p.m. to 2 p.m. in Fort Worth

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

VIRTUAL

Email maggie@texasmilkbank.org for secure link to join. 2nd and 4th Thursday from 6 p.m. to 8 p.m.

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.

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

Hosted
by:



mothers' milk bank
of north texas
EST. 2004

Community
Partners:



Questions/Preguntas: contact maggie@texasmilkbank.org or 817-810-0071 : www.texasmilkbank.org