

# BABY CAFÉ



Learning to breastfeed can be hard at first. We can help you and your baby succeed!

## Beginning April 8

9:30 - 11:30 a.m.

St. Cloud Area Family Y – Conference Room A  
2001 Stockinger Drive, St. Cloud

**babycafé**



Public Health

The Baby Café supports all aspects of breastfeeding/pumping — from before baby is born to weaning to mom's return to work.

At this free support group, you can expect:

- A relaxed, informal, child-friendly environment with open-forum discussions and a chance to meet other moms.
- To receive up-to-date information from knowledgeable staff.
- To learn breastfeeding techniques with a “hands-off” approach (or with staff working over your hands, if needed).

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The Baby Café will take place the second and fourth Wednesday of each month. No appointment needed. If schools are cancelled or if on a holiday, the Baby Café will be cancelled. If you have questions, call 320-251-2700, ext. 51990.

