

BABY CAFÉ



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

Tuesdays • 9:30 - 11:30 a.m.

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

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

Share your experiences and learn how others are adjusting to the demands of motherhood.

You can expect:

- A relaxed, child-friendly environment with open-forum discussions and a chance to meet other moms.
- Up-to-date information from knowledgeable staff at no cost to you.
- To learn breastfeeding techniques with a “hands-off” approach (or with staff working over your hands, if needed).

babycafé



Public Health



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