



# Lactation CONNECTION

## BREASTFEEDING AND LACTATION SUPPORT

### WHAT CAN I EXPECT?

- Discussion on topics surrounding lactation and feeding your baby.
- Support from other mother's, breastfeeding professionals and public health nurses.
- Connect! To other mothers and to resources within the community.
- Scale available to weigh your baby.

Get professional guidance and support for your lactation journey.

**We will not be meeting on holidays, or if Elk River Schools are closed or virtual due to weather.**

### WHEN

EVERY THURSDAY  
10:00am-12:00pm  
(come anytime!)

NOT MEETING: 6/19, 11/27, 12/26

### WHERE

MAINSTREET  
FAMILY RESOURCE CENTER  
400 Jackson Ave NW, Elk River  
Room 207

### CONTACT

763-765-4000  
Sherburne County Public  
Health Department



**Public Health**  
Prevent. Promote. Protect.