



# Baby Café

Learning to breastfeed can be hard.  
We can help you succeed!

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

You can expect:

- A relaxed, child-friendly environment with open-forum discussions for sharing experiences and meeting other moms.
- Up-to-date information from knowledgeable staff at no cost to you.
- To learn breastfeeding techniques.

**MEETS EVERY TUESDAY**

**9:30 - 11:30 a.m.**

*No appointment or Community Center membership needed.*



**Monticello Community Center - Conference Room**  
505 Walnut Street  
Monticello, MN 55362  
763-271-2218

**[CentraCare.com](http://CentraCare.com)**

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