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FOR IMMEDIATE RELEASE

Family Resource Center Welcomes Evening La Leche League Meetings

FOND DU LAC--Mothers seeking breastfeeding support and information are invited to gather in the comfort of the Family Resource Center on the third Thursday evening of each month.

Beginning with its July 19 meeting, La Leche League of Fond du Lac will now meet monthly at 6:30 p.m. in the center's play area, located in the former Fahey School at 247 Doty St.

"I am delighted by the warm welcome extended to La Leche League by the Family Resource Center," said La Leche League Leader Monica Walk. "Center Executive Director Bethany Rusch and her staff understand the LLL mission of mother-to-mother support for breastfeeding, and are offering us an ideal space to meet. We will have comfortable seating in a carpeted area, with toys galore for toddlers and older siblings to enjoy while their mothers gather to discuss and share breastfeeding information. Our move to an evening meeting time is intended to make it easier for mothers to participate and get the support they want and need. Now, more mothers who work outside the home can feel part of a breastfeeding community, and at-home mothers no longer have to juggle morning naptime with their wish to network with other mothers."

The Family Resource Center of Fond du Lac County, Inc., is a private, non-profit organization dedicated to the healthy growth and development of children and families through a variety of comprehensive programs and services.

“We offer a variety of pregnancy and parenting support programs,” noted Family resource Center Executive Director Bethany Rusch. “We really feel La Leche League’s commitment to mothers and babies fits perfectly into our mission of family service, and we are very happy to collaborate with this organization by welcoming them into our space.”

Pregnant women, mothers with new babies, and mothers continuing to breastfeed are invited to monthly LLL meetings to learn more about the advantages of breastfeeding, to borrow books on breastfeeding and parenting, and to meet other area mothers. Mother-to-mother support is the heart of La Leche League. No book on breastfeeding can equal talking with experienced nursing mothers. At La Leche League meetings, mothers find a continuing source of information, inspiration and support. Meetings are free and children are welcome to attend.

La Leche League is a world-wide, non-profit organization supporting breastfeeding. Trained La Leche League Leaders guide discussions at the meetings and answer questions from the group or individually. Whether breastfeeding a baby for six days, six weeks, six months or longer, mothers will find La Leche League meetings supportive and informative. Meetings regularly cover such topics as the health benefits of nursing for mother and baby; how to start breastfeeding; returning to work and continuing to nurse; avoiding breastfeeding difficulties; and nutrition and weaning. Mothers are encouraged to bring their questions and concerns to the meetings.

Future meetings will continue to be on the third Thursday evening of the month at 6:30 p.m. Free parking is available in the adjacent lot.

For directions to meetings, help with a breastfeeding concern, or additional information about La Leche League in Fond du Lac, contact accredited La Leche League Leader Monica at (920) 922-3526. For additional meetings in the Fox Valley area, call 1-877-MOM-MILK, toll-free. For complete details about La Leche League International, including links to chapters around the globe, see www.lalecheleague.org. ###