



Building  
connections To  
serve our  
communities



**Mothers looking to connect with other mothers**, will find emotional support while sharing practical insights on parenting!

**Where?** An in-person Breastfeeding Cafe is held every Monday morning at 10-11 a.m. at Kidzu Nest, Chapel Hill, NC

**Virtual option:** The Night Owl Cafe is held on Thursday evenings at 8-9p.m. From any place or device with Internet.

Zoom 715 601 250

**For help now or information on LLL local meetings:**

Call or text 919-417-5170, 24/7 help.

La Leche League offers local support in English, Spanish, Portuguese, and French, more local information at [llofchapelhill.org](http://llofchapelhill.org)

**Need Prepared Childbirth classes (in-person & virtual) including Breastfeeding class?**

Call UNC Women's Health Education Center at 984-974-8882 or visit [NCHealthyWoman.org](http://NCHealthyWoman.org)

We look forward to seeing you!