

Support Group

Breastfeeding Connections



Get the support you need
& more!

We get it, breastfeeding can be tough, and being a parent is hard work too. But we do not have to do it alone! Connect with other moms from the Fox Valley and surrounding areas to explore topics around breastfeeding and self-care. The group is intended for pregnant women considering breastfeeding or moms who are already breastfeeding.

WHAT YOU NEED TO KNOW

- **The group meets the 3rd Wednesday of every month | 10:00 AM - 11:00 AM**
- Appleton Public Library, Nelson Family Conference Room
- Healthy snacks and water provided
- Children are welcome | No childcare provided

JOIN US!



Scan the QR code or go to
bit.ly/BreastfeedingConnections
to register.
Walk-ins are welcome.