



Baby and Me Groups

*Pregnant? A new mom? Questions about breastfeeding?
Ask real people (not Google) what works, what doesn't,
and options to try.*

Please call to confirm time and location!

| Agency/Contact #: | Language/Date: | Time: | Location: |
|---|---------------------------------------|----------------|--|
| La Leche League Nickie: (916) 622-8944 | 4 th Saturday (Virtual) | 10AM -11:30 AM | Contact Nickie for Location/Zoom Link |
| | 3 rd Wednesday (In-person) | 9AM-10:30AM | |
| Baby and Me Support Groups *Kaiser Members Only* 1-855-206-0302 | Varies | Varies | Virtual/In-person, call to schedule an appointment |
| A More Excellent Way Monique: 707-319-7489 mewpeers.org/events/ | 4 th Saturday | 11AM-12PM | Contact Monique for Zoom Link |

Travis Air Force Base Families:

| Agency/Contact #: | Language/Date: | Time: | Location: |
|--|----------------------|-------------|-------------------------------|
| New Parent Support Program (Playgroup) (707) 423-5168 | Tuesdays | 9AM-10:30AM | 1 ST Street Chapel |
| Dottie Fisher (RN,IBCLC) Breastfeeding Support Group (707) 423-7556 | Wednesdays (Walk-In) | 11:30AM | Contact Dottie for Location |

The Breastfeeding Coalition of Solano County

www.solanocounty.com/breastfeeding

La Leche League of Solano County (search in Facebook) or

<https://llnocal.org/solano/>