



WELCOME TO OUR BREASTFEEDING DROP-INS

💧 Why participate?

- > To meet other parents
- > To share your experiences
- > To meet with health professionals



💧 For whom are the drop-ins?

- > All mothers* and pregnant women* and their partners.
Various themes



💧 When and where do they take place?

- > Every 2nd and 4th Wednesday of the month from 1:15 pm to 3:30 pm
St. Charles Library @ 1050, Hibernia Street (3rd floor)



Summer - Fall 2023 Schedule

JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
July 12 : <i>Various themes</i>	August 9 : <i>Various themes</i>	September 13 : <i>Introduction to solids</i>	October 11 : <i>Various themes</i>	November 8 : <i>Various themes</i>	December 13 : <i>Introduction to solids</i>
July 26 : <i>Various themes</i>	August 23 : <i>Various themes</i>	September 27 : <i>Various themes</i>	October 25 : <i>Various themes</i>	November 22 : <i>Various themes</i>	

* Although the Clinic uses the terms «woman» and «mother» to designate the majority of pregnant and breastfeeding people, please note that all gender- and sexually diverse people are more than welcome to join our breastfeeding drop-ins.

For more information, please contact Lina Hu
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ccpsc.qc.ca/en/breastfeeding



Nourri-
Source
MONTRÉAL



**Point St. Charles
Community Clinic**

A neighbourhood's health and solidarity!