



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.

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)



Winter-spring 2024 Schedule

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
January 10 : Various themes	February 14 : Dental hygiene	March 13 : Various themes	April 10 : Various themes	May 8 : Various themes	June 12 : Introduction to solids
January 24 : Various themes	February 28 : Activities with babies and children	March 27 : Introduction to solids	April 24 : Various themes	May 22 : Various themes	June 26 : Various themes

* 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!