

# Lactation Drop-in Group

**You are invited!**

**For parents who would  
benefit from:**

- *professional and peer support to reach their infant feeding goals*
- *help with latching, milk production, feeding plans or other lactation concerns*



**Public Health Nurses will be available at the  
following drop-in group location:**

## **Parkland Mall, Red Deer**

Family Services of Central Alberta Office  
Entrance #5 (North Facing)



**Tuesdays:** 10 a.m. – 11:30 a.m.

For more information, please contact:

Red Deer Johnstone Crossing Community Health Centre at 403-356-6363

**Note: Due to COVID-19, masking will be required for all participants over 2 years old. A hand hygiene station and masks will be provided.**