

Lactation Drop-in Group

You are invited!



This group supports anyone:

- *Looking for professional and peer support to reach their infant feeding goals.*
- *Needing help with latching, milk production, feeding plans or other lactation concerns.*
- *Wanting more information about infant feeding prior to the birth of their baby.*

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.

Fridays: 1 p.m. – 2:30 p.m.

****Lactation Group closed when statutory holiday falls on Tuesday or Friday**



**Primary Care
Alberta**



For more information, please contact:

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