



PennState Health
St. Joseph



The Baby Bistro

at **Breidegam Family
Birthing Center**

2500 Bernville Road, FBC Conference Room

1st & 3rd Wednesday of the month: 10-11 a.m.

Free; pre-registration is not required; just come!

Come and meet other women who are breastfeeding their babies! This free drop-in group is a collaboration between Berks County Breastfeeding Coalition and Penn State Health St. Joseph that focuses on allowing breastfeeding mothers to support each other in a warm, nurturing environment. Breastfeeding mothers and their babies are welcome to drop in for a cup of tea, relax, and chat with others about what's going on as a new mom. Staff trained in lactation are available to answer any breastfeeding questions with accurate, up-to-date information. Weight checks are free. Moms and babies can come for as many weeks as they would like.

If you have complex breastfeeding issues your situation may warrant an individual lactation consult.

For more information, feel free to contact us at...

berksbreastfeeding@gmail.com, like our Facebook page
and check out the resource list on our website at...
www.berksbreastfeeding.com/resources.html
