



WHEN IS IT?

Every 2nd and 4th
Wednesday
of the month from
1:15 to 3:30 pm

2019 schedule

MONTH	DATE
January	January 9 January 23
February	February 13 February 27
March	March 13 March 27
April	April 10 April 24
May	May 8 May 22
June	June 12 June 26
July	July 10 July 24
August	August 14 August 28
September	September 11 September 25
October	October 9 October 23
November	November 13 November 27
December	December 11



No registration required:
just drop in and join us!



Breastfeeding drop-ins :

Pointe-Saint-Charles
Community Clinic

500 Ash Avenue (basement)
Montreal (Quebec) H3K 2R4

514 937-9251 # 6212
lina_hu@ssss.gouv.qc.ca
ccpsc.qc.ca/en/breastfeeding

It's a nice place for me!



Breastfeeding Drop-Ins 2019





Nourri-Source is an independant breastfeeding support group, made up of volunteer women who are breastfeeding or have breastfed their babies. They are called support mothers and they provide support and information for mothers and parents who want to enjoy this wonderful experience.

The primary mission of Nourri-Source is to support women to improve their assurance in breastfeeding, and by sharing experiences and information, encourage breastfeeding as a positive experience and a beautiful, healthy and natural gesture.

WHAT ARE THE THEMES?

The drop-ins address the issues around the baby's growth and development, each time with a different theme (nutrition, potty training, first aid, ...).

To know more about the themes we will cover this year, please consult our website: ccpsc.gc.ca/en/breastfeeding or consult the flyer available at the reception desk of both service points.



WHY ATTENDING?

- To enjoy some time outside the home.
- To share personal experiences and interact with other parents.
- To learn how to breastfeed in public.
- To ask questions to a nurse and a nutritionist.
- To consult a breastfeeding support mother.
- To weigh your baby if needed.



WHAT IS IT?

A breastfeeding drop-in is the perfect place to get information about breastfeeding and related themes. It supports and encourages parents to share their knowledge and experiences, and allows discussions with the support group Nourri-Source. It is also an opportunity to meet with health professionals: nurse and nutritionist.

WHO SHOULD COME TO THE MEETINGS?

- Mothers that are breastfeeding, regardless of the child's age.
- Pregnant women and new mothers who wish to share their experiences and to discuss with other women.
- Spouses or partners who wish to bring their support.