

*Breastfeeding? Or pregnant and planning ahead?*

# **La Leche League**

## **– of Sampson County –**

**Offers valuable breastfeeding support and information through:**

- Free monthly meetings for mother-to-mother support
- Leaders trained and accredited by La Leche League International
- Latest breastfeeding information
- Lending library and books for sale
- Telephone help from experienced Leaders

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**First Thursdays of every month**  
**– 10:00 am –**

**Graves Memorial Presbyterian Church**  
**201 Fayetteville Street**  
**Clinton, NC**

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**Monthly meetings discuss:**

- Advantages of Breastfeeding for Mother, Baby, and Family
- Preparing for Baby's Birth and Baby's First Weeks
- Avoiding and Overcoming Difficulties: Questions Mothers Ask
- Nutrition, Weaning, and Changes as Baby Grows

*Pregnant women, mothers, and babies welcome!*

**Call or Text a  
La Leche League Leader:  
910-216-9947  
[llofnc.org/groups/sampson-county/](http://llofnc.org/groups/sampson-county/)**

