

Our services include:

- A monthly series of meetings
- Monthly toddler meetings
- Couples' meetings
- Lending Libraries
- Sale of books and pamphlets



Lending Libraries contain selected books and publications on breastfeeding, childbirth, nutrition and parenting. Speakers may be available upon request.

La Leche League of Metro Milwaukee help line offers a recorded listing of area Leaders available for help, encouragement and practical suggestions regarding breastfeeding and information about meetings.

**The help line phone number is:  
(414) 297-9595.**

**When possible, call a Leader  
during normal daytime hours.**

Since Leaders are volunteers and many have small children, they may need to return your call.

**Our website address is: [www.LLLofWI.org](http://www.LLLofWI.org).**

We thank our 2009 phone line sponsors:  
Dr. Michael White, Germantown, WI  
Dr. Monica Maroney D.C., Milwaukee WI

La Leche League is a member-supported organization. Voluntary membership is \$40.00 a year. This includes a subscription to NEW BEGINNINGS, a La Leche League bi-monthly parenting magazine. Membership is tax deductible.

Members receive a discount on many purchases from local groups and at Wisconsin and International Conferences. Also there are discounts on registration for LLL of WI conferences.

## Baby Slings

Baby Slings are available for purchase through these Groups:

- Brookfield AM & PM
- Germantown/Falls
- Kenosha
- Mequon/Ozaukee County
- Milwaukee East P.M.
- Milwaukee West A.M.
- Milwaukee/Whitnall
- Waukesha
- West Bend



*Nursing babies & young children who may be uncomfortable away from mom are always welcome at meetings.*

An electronic version of this 2009 directory is available:  
By email: [LLL-MilwaukeeFlyer@LLLofWI.org](mailto:LLL-MilwaukeeFlyer@LLLofWI.org)  
Online: <http://www.LLLofWI.org>.

Please feel free to copy this directory as needed.

# 2009

## Breastfeeding? Or Considering It?



Photo by Susan Scott

*La Leche League can help  
you get off to a good start.*



*La Leche League  
of Metro  
Milwaukee*

*Your source for accurate & current  
breastfeeding information and  
mother-to-mother support.*

*Español: Ayuda para amamantar*

### What is La Leche\* League?

LLL is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed.

Founded in 1956, La Leche League is considered to be a worldwide authority on breastfeeding and is active in over 60 countries.

Our Health Advisory Council of 40-plus members has approved our information.

\* pronounced "lay-chay"

### What can La Leche League offer me?

- A continuous series of informal *monthly meetings* that are *free* and open to all women interested in breastfeeding. Women are encouraged to start or complete a series before their babies are born.
- Help from a trained La Leche League Leader who guides the discussion and answers questions as mothers share ideas and experiences.
- Monthly toddler meetings in Wauwatosa, as well as occasional couples' meetings at various Groups.
- Lending libraries containing current books and publications on breastfeeding, childbirth, nutrition, and parenting. Children's books are also available.
- Items for sale that include: books, pamphlets and great baby slings.
- Speakers may be available on request.



### What are the monthly meeting topics?

1. Advantages of Breastfeeding for Mother & Baby
2. The Baby Arrives: The Family & the Breastfed Baby
3. The Art of Breastfeeding & Overcoming Difficulties
4. Nutrition and Weaning

### LLL of Wisconsin Website – [www.LLLofWI.org](http://www.LLLofWI.org)

Find information about continuing education opportunities and conferences for families, along with information about breastfeeding.

### LLL International Website – [www.lalecheleague.org](http://www.lalecheleague.org)

Read an article about breastfeeding, learn more about the organization, download a press release, fill out a help form or join a live chat. Our award winning site is packed with information for parents, health care providers, students, former members and the media.

*The listed La Leche League Leaders are accredited volunteers who have nursed their babies and are trained to help other mothers with breastfeeding questions and problems. Feel free to contact any Leader for breastfeeding information or meeting location.*



#### MILWAUKEE EAST A.M.

*Meets every second Tuesday at 9:30 A.M.*  
Maggie 414-967-5746

#### MILWAUKEE EAST P.M.

*Meets every fourth Tuesday at 7:00 P.M.*  
Sara 262-377-3658  
Yael 414-963-9186

#### MILWAUKEE TODDLER

*Meets every second Tuesday at 7:00 P.M.*  
Michelle 414-475-6931

#### MILWAUKEE WEST A.M.

*Meets every second Monday at 9:30 A.M.*  
K.C. 414-916-1639  
Natalie 414-630-9841

#### MILWAUKEE/WHITNALL

*Meets every first Tuesday at 7:00 P.M.*  
Becca 262-299-1080  
Chandi 414-352-3809  
Jesi 414-545-4786

#### KENOSHA

*Meets every third Monday at 6:30 P.M.*  
Laura 262-654-4398  
Michelle 262-654-1512  
Claire 262-653-9259

#### RACINE

*Meets every second Wednesday at 10:00 A.M.*  
*Meets every third Tuesday at 6:30 P.M.*  
Graciela 262-598-9416  
Shelly 262-770-0484  
Kim 262-488-4967

#### BROOKFIELD P.M.

*Meets every first Thursday at 7:00 P.M.*  
Alyce 262-781-5505  
Winnie 262-246-4811  
Marcia 262-782-6814

#### BROOKFIELD/ELM GROVE A.M.

*Meets every fourth Tuesday at 10:00 A.M.*  
Bonnie 262-781-0527  
Lynn 262-789-0705

#### GERMANTOWN/FALLS

*Meets every first Thursday at 9:30 A.M.*  
Amy 262-251-1637  
Juli 262-820-3691  
Janna 262-677-9114

#### MEQUON/OZAUKEE COUNTY

*Meets every third Monday at 7:00 P.M.*  
Amy 262-377-6194

#### WAUKESHA

*Meets every second Friday at 9:30 A.M.*  
Wendy 262-896-7797  
Limor 262-527-5009  
Ann 262-549-1888

LLLoF Waukesha@yahoo.com

#### WEST BEND

*Phone help only at this time*  
Kristin 262-335-0971  
Molly 262-334-8025

### Se habla Español

Graciela (en Racine) 262-598-9416  
Materiales españoles disponibles de todos los Leaders.

