



mothercraft™
ottawa

Breastfeeding 101 Workshop

Getting ready for your baby? Come learn about infant feeding from an International Board Certified Lactation Consultant. We will share how to get comfortable, how to know if your baby is getting enough to eat, how babies know just what to do and what you can do to help them do it. Partners are welcome and encouraged to attend.

TIME~LOCATION~SCHEDULE

To register, click on your preferred date.

Registration and full payment required before classes begin.

475 Evered Ave.

Tuesday January 28th

7:00pm-9:00pm

Tuesday March 24th

7:00pm-9:00pm

Tuesday May 26th

7:00pm-9:00pm

75 Waterbridge Dr.

Saturday February 15th

1:00pm-3:00pm

Saturday April 18th

9:30am-11:30am

Saturday June 27th

9:30am-11:30am

FEES \$45/

Couple



For more information:
www.mothercraft.com
classes@mothercraft.com
613-728-1839

Mothercraft is a scent free and nut/peanut free facility