



mothercraft™  
ottawa

## Virtual Breastfeeding Workshops

Join us on Zoom!

Taught by an International Board Certified Lactation Consultant, these workshops will explore different topics related to breastfeeding!



Hi! I'm Beth McMillan, International Board Certified Lactation Consultant. I've supported families with breastfeeding, chestfeeding and pumping for 13 years.

I look forward to answering your questions and supporting you as you prepare to meet your new baby.

Partners are welcome and encouraged to attend.

FEE \$30

Click the name of the workshop to register!

Nighttime Breastfeeding  
Tuesday January 19, 2021  
7:00 pm to 8:30 pm

Pumping 101  
Tuesday February 9, 2021  
7:00 pm to 8:30 pm

Breastfeeding: Helping Your Newborn  
Adapt to Life on the Outside  
Tuesday March 9, 2021  
7:00 pm to 8:30 pm

For more information, contact  
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