



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.

Pumping 101  
Tuesday April 20, 2021  
7:00 pm to 8:30 pm

Partners are welcome and encouraged to attend.

FEE \$30

For more information, contact  
[Courtney.Holmes@mothercraft.com](mailto:Courtney.Holmes@mothercraft.com)