



**At The Nest
One Sunday
each month**

3:30-5:00

**Call, email or see
Facebook for specific
dates.**

Bosom Buddies

Breastfeeding Celebration Group

Join us for learning and sharing with other parents like you in a relaxed, caring environment.

Bring your questions, stories and learn about:

How much milk is enough milk? What about siblings? What happened to that thing called sleep? What about going back to work? Pumping? Teething? Travel? Weaning?

Led by Board Certified Lactation Consultants
Babies & Pregnant people always welcome.
Yummy snacks and Jasper Hill Cheese!

**Meetings are at The Nest
Sundays 3:30-5pm
at Good Beginnings of Central Vermont
174 River Street Montpelier, VT**

Find our group on Facebook "Bosom Buddies of Central VT"