



# Breastfeeding Support Groups

*Tuesdays, 10 a.m. - noon*

*Thursdays, 4 - 6 p.m.*

At the Del Norte Family Resource Center  
494 Pacific Ave., Crescent City  
(707) 464-5500, ext. 154

*Because breastfeeding can be tough,  
and it's an important job.*

Get together with other breastfeeding moms and a lactation educator to talk struggles, successes and technique in a casual setting. Babies welcome!

## **Del Norte County Breastfeeding Coalition**

We're here to support breastfeeding moms. Health care providers, nurses, public health officials and community members all make up the Del Norte County Breastfeeding Coalition. For more information or to get involved, contact Linda Collins at (707) 464-8946.

