



Free Weekly Get-Together

*For New and Expecting Parents
and Their Families!*

Rockland babycafé

- Meet and talk to other new and expecting parents
- Learn how to make breastfeeding easier
- Make sure your baby is latching and gaining weight well
- Get tips on pumping and going back to work
- Learn about infant/toddler parenting topics

ALL NEW WEB-BASED CAFÉS

To join a web-based café or for more information visit the
Rockland Baby Café Facebook page

URL for video conferencing:

<https://global.gotomeeting.com/join/429178989>

Phone number and access code to call:

[+1 \(872\) 240-3212](tel:+18722403212)

Access Code: 429-178-989

TUESDAYS 6:00PM - 7:00PM

THURSDAYS 12:00PM - 1:00PM

SATURDAYS 10:00AM- 11:00AM

Private consultations available upon request

For more information, call **LOWER HUDSON VALLEY PERINATAL NETWORK** at 914-984-7477 www.LHVPN.net