
LA LECHE LEAGUE HELPS FAMILIES

*La Leche League (LLL) is
committed to diversity and
inclusion.*

*LLL supports all breastfeeding,
chestfeeding, and human milk
feeding families, inclusive of
their race, ethnicity, immigration
status, national origin, creed,
age, sexual orientation, gender
identity, family structure,
primary language, ability, or
socio-economic status.*



Social Media

- ❖ Public Durham Facebook Group:
[https://www.facebook.com/
LLofNCDurham/](https://www.facebook.com/LLofNCDurham/)
- ❖ Instagram: @lllofdurham
([instagram.com/lllofdurham](https://www.instagram.com/lllofdurham))



Helpful Hints

- ❖ You can breastfeed, even if you plan to go back to work, or you have a Cesarean birth, or your baby is premature, or you have twins...even triplets!
- ❖ Start early and continue to build a strong support network.
- ❖ Nurse often. The more your baby nurses, the more milk you will have.
- ❖ Hold your baby skin-to-skin as much as possible.
- ❖ Nap or rest with your baby when you can.
- ❖ And don't forget to drink water to thirst.
- ❖ Babies nurse for nourishment and so much more. Nursing can soothe pain, calm fears, and comfort babies.
- ❖ Talk with someone who has enjoyed nursing, such as a La Leche League Leader.
- ❖ We can help you to reach your breastfeeding, chestfeeding, and human milk feeding goals.
- ❖ The more you know before you have a baby, the better prepared and more confident you will be!

DURHAM LA LECHE LEAGUE

2026



Nursing Babies, Nurturing Families

We offer support and connection to all who want to breastfeed, chestfeed, or provide human milk to feed their little ones.

Whether you are pregnant and have questions, or you are facing a challenge, or nursing is going smoothly and you'd like to help support others...

***Find a meeting that works in your
schedule!***



2026 MEETING SCHEDULE

Meetings are free and led by volunteer Leaders who are experienced with breastfeeding and accredited by La Leche League International. Get support. Ask questions. Share your experiences.

All are Welcome!

WEDNESDAY MORNING GROUP *ONLINE*

1ST WEDNESDAY OF EACH MONTH
AT 10:30AM ET
<https://meet.google.com/rzo-dqdh-gcp>

January 7: Nutrition in the New Year
February 4: ABCs of Breastfeeding
March 4: Preparing for Birth and Breastfeeding
April 1: Myths and Facts...No Fooling!
May 6: Working and the Nursing Baby
June 3: Benefits of Human Milk
July 1: Getting Nursing Off to a Good Start
August 5: What is "Normal?"
September 2: Weaning: Four Chambers of the Heart
October 7: Coping with Others' Attitudes
November 4: New Nursing Baby in Your Life
December 2: The Art of Avoiding Difficulties

THURSDAY MORNING GROUP *IN-PERSON*

3RD THURSDAY OF EACH MONTH
AT 10:30AM ET
Carolina Birth and Wellness
5850 Fayetteville Road, Suite 202
Durham, NC 27713

January 15: Nighttime Parenting
February 19: Weaning & the 4 Chambers of the Heart
March 19: Coping with Others' Attitudes
April 16: How Do I Cook, Sleep, Clean, Relax?
May 21: What Is "Normal?"
June 18: Working and the Breastfed Baby
July 16: ABCs of Breastfeeding
August 20: Bonding from Pregnant to Baby to Toddler
September 17: The Art of Nursing
October 15: Starting Solids
November 19: Managing Travel and Family
December 17: Family Life and the New Baby

SATURDAY MORNING CAFÉ *ONLINE*

3RD SATURDAY OF EACH MONTH
AT 9:30AM ET
<https://meet.google.com/rzo-dqdh-gcp>

January 17
February 21
March 21
April 18
May 16
June 20
July 18
August 15
September 19
October 17
November 21
December 19

Cafes are more casual gatherings for support and connecting with no specific topics.

Student/Observer? Please send a message if you would like to observe a meeting - <https://www.facebook.com/LLLofNCDurham>



Offering free support between meetings, too!

Call or Text a Leader

Alexandra — 919-271-1716
Jasmine — 919-672-4335
Carlita — 912-856-7948
Amber — 919-282-4433
Megan — 336-830-3089
Lauren — 631-521-6181
Jahmekya — 573-397-1101
Love — 919-622-8787
Jessalyn — 928-978-3805
Jennifer — 919-699-1415
Jasmine — 919-357-2193
Sunshine — 919-491-7042
Kathleen — 919-624-0230

Find other La Leche League USA meetings:
<https://www.facebook.com/LaLecheLeagueUSA/>

Check out the
Library!

[https://
lldurham.org/](https://lldurham.org/)



Consider becoming a member of LLL of Durham. It's \$20 a year. You can pay via PayPal – lld.of.durham@gmail.com. Or mail a check (made out to LLL of Durham) to 6319 Coronado Ln, Durham, NC 27713. Your membership will help LLL of Durham continue to provide support and resources in our community.

Please feel free to copy and distribute this brochure.