



How to Contact

# La Leche League

in the Greater Miami Valley

Breastfeeding is natural, but like childbirth, is much easier with preparation. Whether you are currently breastfeeding or thinking about nursing your soon-to-arrive baby, La Leche League meetings can provide an opportunity for you to obtain accurate, up-to-date information as well as mother-to-mother support and encouragement. Listed are the Dayton area La Leche League Groups, their monthly meeting schedules and the Leaders to contact for further information and help. You are welcome at any of these Groups.

## MONTGOMERY COUNTY (937):

### CENTERVILLE & SURROUNDING AREA

3<sup>rd</sup> Tuesday, 7:00 pm, Jan. - Oct.

2<sup>nd</sup> Tuesday, 7:00 pm, Nov. - Dec.

|           |                |
|-----------|----------------|
| Linda     | 439-2031       |
| Christian | 401-9957       |
| Shannon   | 866-6049       |
| Beth      | (513) 932-0938 |
| Jackie    | 436-0337       |

### EAST DAYTON/KETTERING

2<sup>nd</sup> Tuesday, 7:00 pm

|         |          |
|---------|----------|
| Heather | 253-0162 |
| Stacey  | 253-6113 |
| Holly   | 293-9021 |
| Geneva  | 256-8367 |

### ENGLEWOOD/VANDALIA

Phone help only

|       |          |
|-------|----------|
| Diana | 836-3000 |
| Karen | 898-1515 |

### HUBER HEIGHTS

3<sup>rd</sup> Tuesday, 10:00 am

|         |          |
|---------|----------|
| Heather | 253-0162 |
| Bobbi   | 256-0674 |

## NORTHWEST DAYTON

2<sup>nd</sup> Tues., 12:00 pm

|        |          |
|--------|----------|
| Linda  | 439-2031 |
| Geneva | 256-8367 |

## SURROUNDING AREAS:

### ALLEN COUNTY - LIMA (419)

2<sup>nd</sup> Tues., 7:00 pm

|        |          |
|--------|----------|
| Debbie | 339-9848 |
|--------|----------|

### CLARK COUNTY - NEW CARLISLE (937)

2<sup>nd</sup> Thurs., 7:30 pm

|         |          |
|---------|----------|
| Mickey  | 882-6063 |
| Theresa | 845-3309 |

### CLARK COUNTY - SPRINGFIELD (937)

Phone help only

|      |          |
|------|----------|
| Lori | 323-7266 |
|------|----------|

### GREENE COUNTY - BEAVERCREEK

1<sup>st</sup> Wed., 10:30 am

**(937)**

|        |          |
|--------|----------|
| Bobbi  | 256-0674 |
| Stacey | 253-6113 |
| Ann    | 294-4609 |

### MERCER CO. - CELINA (419)

2<sup>nd</sup> Tues., 7:30 pm

|        |          |
|--------|----------|
| Karen  | 586-4982 |
| Brenda | 942-1657 |
| Tonia  | 678-8640 |

## DAYTON CHAPTER PHONE & PUMP INFORMATION

Taped Message (937) 463-2030

La Leche League was founded to give information and encouragement, mainly through personal help, to all mothers who want to breastfeed their babies. While complementing the care of the physician and other healthcare professionals, LLL recognizes the unique importance of one mother helping another. La Leche League Leaders are trained, experienced mothers who have nursed their own children and volunteer their time to help other mothers breastfeed their babies.

Visit La Leche League International's Web site: <http://llli.org/>  
and La Leche League of Ohio's Web site: <http://www.lllohio.org>  
for additional breastfeeding and LLLI & Ohio Conference information.

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