

Announcing...



freshMums

...a time just for new mothers and babies!

(Did you know that peer support helps you meet your breastfeeding goals?)

Come join us any Monday morning for a cup of tea and time to chat with other breastfeeding moms and babies. All breastfeeding mothers or expectant mothers are welcome, so bring a friend! (No worries: makeup not required and we kinda expect you to have spit-up on your clothes.)

Our lactation nurse & breastfeeding educator will be here to answer breastfeeding questions and a baby scale is available for any curious mamas. Toddlers are welcome, too! Comfy couches available for mama and plenty of floor space for the littles.

drop in any monday, from 9:30 til 11a

the village learning centre @ 733 19th street in des moines

(just down the street from smokey row)

\$3 per family suggested donation/free to current willowsong clients

questions? call 515.783.7371 or email char@brightclaremums.com

freshMums is a collaboration of willowsong midwifery and brightclareMums llc to bring biological breastfeeding support and education to des moines area mothers.

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