



La Leche League of Toledo and Northwest Ohio

Breastfeeding education and support for pregnant and breastfeeding mothers

“Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.” But sometimes mothers and babies need a little extra support to make breastfeeding easier. La Leche League Leaders are experienced mothers who are accredited by La Leche League International to help mothers and mothers-to-be with all aspects of breastfeeding. La Leche League Leaders hold monthly breastfeeding support meetings, and they are available by phone to answer your breastfeeding questions.

At monthly meetings, La Leche League Leaders and other mothers share experiences, give suggestions and offer support and encouragement. LLL meetings are ideal for learning from and making friends with other mothers. These meetings provide time for mother-to-mother sharing in a friendly and accepting atmosphere. The informal meetings are attended by expectant, new and experienced mothers and their babies. The groups rotate through a series of breastfeeding topics, however every meeting is different and the questions of the attendees are always given top priority.

**All meetings are held at:
St. James Lutheran Church
4727 W Sylvania Ave.
Toledo, OH 43623**

Daytime Group: 2nd Wednesday of each month 10:00 a.m.—11:30am

Local La Leche League Leaders:

Sue	(734) 847-0039	smanore@aol.com
Melinda	(419) 764-9685	jmkovich@hotmail.com
Cindy M.	(419) 287-4707	nursingmama1@gmail.com
Kendra	(419) 352-1212	kendrabx@yahoo.com
Laurie	(419) 726-0507	
Meira	(419) 973-3313	m.msaks@bex.net
Cindy F.	(419) 385-9854	cfort1@buckeye-express.com

How to Find More Help

Call the WarmLine 24 hours a day to get the numbers of local leaders available for help. **419-251-2120**
If you live outside of Northwest Ohio and would like information on a La Leche League Group or Leader in your area, please visit www.llli.org or call 1-800-LALECHE.

“Like” La Leche League of Toledo on Facebook to receive updates on meetings, links to articles and other information!

We thank St. Vincent Mercy Medical Center for their generous support of the WarmLine, and St. James Lutheran Church for the free use of their meeting space.