

## Why attend La Leche League meetings?

Breastfeeding is natural, but it is a learned art. Attending a La Leche League meeting and seeing other mothers breastfeed their babies helps new and expectant mothers learn how to nurture their babies too.

Meetings are led by an accredited La Leche League Leader who has breastfed her baby and has completed a comprehensive training program. The Leader shares her knowledge of breastfeeding, encourages others to share their experiences, and helps clarify La Leche League philosophy of mothering through breastfeeding.

What most women need in order to breastfeed effectively is accurate information and someone to provide support and encouragement. La Leche League (LLL) information is validated by experts in medicine, psychology, nutrition, and child development.

A typical LLL meeting allows plenty of time for questions and mother-to-mother sharing in a warm and supportive atmosphere. Information about breastfeeding is presented through discussions focusing on the following topics:

- The Advantages of Breastfeeding
- The Baby Arrives: The Family and the Breastfed Baby
- The Art of Breastfeeding: Practical Tips for Success
- Nutrition and Weaning

Expectant mothers, new mothers, and experienced mothers all attend La Leche League meetings. Babies are always welcome. Some Groups schedule additional meetings for couples and mothers of toddlers.

Mothers and mother-to-be who have questions and concerns about breastfeeding can contact La Leche League Leaders between meetings by phone or email.

Breastfeeding is more than another lifestyle choice—it's an important health choice for mothers and babies.

*For more information about La Leche League, please visit [www.llli.org](http://www.llli.org) and [www.lalecheleaguenj.org](http://www.lalecheleaguenj.org).*

# La Leche League in New Jersey



## Leaders and Groups in Northwest New Jersey

December 2009

## ***La Leche League Groups in Northwest New Jersey***

### **La Leche League of Clinton**

Meetings are the first Wednesday of each month, alternating mornings and evenings. Odd-numbered months have morning meetings at 9:00 AM; even-numbered months have evening meetings at 7:30 PM.

#### Leader

*Lisa*

908-437-6110 or  
musicalisa@mac.com

### **La Leche League of Hackettstown North**

Meetings are held the first Friday of each month at 9:30 AM at the Panther Valley Ecumenical Church on Route 517.

#### Leaders

*Beth*

908-799-3040 or  
epmyler@yahoo.com

*Diane*

908-637-9994 or  
llnjdiane@gmail.com

*Lauren*

908-269-5128 or  
sullivanL6@yahoo.com

*Melissa*

908-850-8286 or  
mbrowns99@yahoo.com

### **Leader with No Group Affiliation**

*Lisa*

908-479-1325 or  
berglar@embarqmail.com

### **La Leche League of Hillsborough/Bridgewater**

A morning meeting is held on the first Thursday of each month at 9:30 AM and an evening meeting is held on the second Monday at 7:30 PM.

#### Leaders

*Marcy*

917-692-1083 or  
LLLHillsBridge@yahoo.com

*Sarah*

908-203-0710 or  
pendemom@yahoo.com

### **La Leche League of Morristown**

Meets on the second Friday of each month at 9:30 AM in Room 3 at St. Peter's Episcopal Church in downtown Morristown. A meeting for mothers and toddlers is held in the same location at 10 AM on the fourth Friday of each month.

#### Leaders

*Danielle*

973-402-9986 or  
jndlang@optonline.net

*Kate*

973-835-5096 or  
kjane17@msn.com

*Nan*

973-585-4261 or  
smiling@biogeeks.net

*Susan*

973-763-4996 or  
susilias@gmail.com

### **La Leche League of Newton**

Meetings are held at the Ogdensburg First Aid Squad on the third Thursday of each month at 7 PM.

#### Leaders

*Lisa*

908-850-9585 or  
lisaatgoal@comcast.net

*Samantha*

973-729-7338 or  
Samanthalevalley@hotmail.com

### **La Leche League of Rockaway**

An evening meeting is held on the second Thursday of each month at the Rockaway Township Library at 7 PM. A morning meeting is held on the Friday preceding the evening meeting (or the first Friday) at 10 AM at the Rockaway Borough Community Center.

#### Leaders

*Denise*

973-625-2056 or  
rdlams@verizon.net

*Ginny*

973-539-0497 or  
nyvirginie@hotmail.com

*Jennifer*

973-585-7522 or  
jenndestefano99@aol.com

*Marina*

973-694-7135 or  
Mporter91@yahoo.com

*Stacey*

973-663-4378 or  
staceymom98@yahoo.com