



Hosted by Northern Nevada HOPES

Northern Nevada Milk Lounge

Free Lactation Support Group For Everyone

Northern Nevada HOPES offers **free** resources to educate and support new and expectant parents. Come join our peer-to-peer lactation support group. This group is friendly, welcoming, and led by one of our Lactation Counselors!

You do not need to be a HOPES patient to join.

What We Offer

- Help with breastfeeding and baby feeding
- Support from others on the same journey
- A safe and caring space for questions

Who Can Come

- Pregnant parents
- Anyone who is lactating
- **Open to everyone in our community.**

You do not need to be a HOPES patient to join.

WHEN: Mondays | 11:30 AM – 12:30 PM

WHERE: Northern Nevada HOPES - **5th St.**
Community Room A, 3rd Floor
580 W 5th St. Reno NV, 89503

CONTACT: For questions, or to join,
please call **775-997-7583**.

**Support group only
at the 5th St. Clinic.**



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