

# La Leche League of Southern Orange County

La Leche League International is a non-profit organization dedicated to helping women meet their breastfeeding goals. Our meetings are informal discussions of breastfeeding related topics held monthly by qualified leaders. No two meetings are exactly alike, since we are all growing in our understanding of mothering and family life. As we share our knowledge, we can all learn and support each other during this important time in the lives of our families.

## South Orange County Meetings

<p><b>Ladera Ranch Daytime Meeting</b>          Date: 3<sup>rd</sup> Friday of every month from 10am-11:30am          Location: Flintridge Village Clubhouse, 28112 Roanoke Drive, Ladera Ranch</p>	<p><b>Ladera Ranch Evening Meeting</b>          Date: 2<sup>nd</sup> Thursday of every month from 6:30pm-8pm          Location: 12 Salvatore, Ladera Ranch          **Please text/call Liz at (949) 370-4072 to be added to the list at the gate**</p>
<p><b>Laguna Hills Park Meeting</b>          Date: 1<sup>st</sup> Friday of every month from 10am-11:30am          Location: Cabot Park, Laguna Hills</p>	<p>Check our website <a href="http://www.southoclll.org">www.southoclll.org</a> for the latest information about meetings, events, and information for our area. Join us on Facebook at <a href="http://www.facebook.com/LLLSOC">http://www.facebook.com/LLLSOC</a></p>

## Other Orange County Meetings

<p><b>West Orange County Meetings</b>          Contact <a href="mailto:westoclll@gmail.com">westoclll@gmail.com</a> to confirm meeting dates          Huntington Beach: 1<sup>st</sup> Friday of every month from 10:30am -12pm @ KOR (yoga studio) in Huntington Beach          Orange: 4<sup>th</sup> Tuesday of the month from 10:30am-12pm @ The Yoga Mat, Orange Location          Costa Mesa Day: 3<sup>rd</sup> Wednesday, every other month, from 9-10:30am @ Mother's Market in Costa Mesa          Costa Mesa Evening: 3<sup>rd</sup> Monday, every other month, from 7-8:30pm @ Mother's Market in Costa Mesa</p>	<p><b>Central Orange County</b>          Garden Grove: 1<sup>st</sup> Wednesday of every month from 10am-1pm @ The Islamic Society of Orange County          Contact Karima at <a href="mailto:kkhatib@socal.rr.com">kkhatib@socal.rr.com</a> to confirm meeting dates          Irvine: 3<sup>rd</sup> Tuesday of every month from 10am-12pm @ The Jewish Community Center in Irvine          Contact Pat at <a href="mailto:PJPurdy@aol.com">PJPurdy@aol.com</a> to confirm meeting dates</p> <p><b>Anaheim and Neighbors Meetings</b>          3<sup>rd</sup> or 4<sup>th</sup> Tuesday of each month          Contact Sue at <a href="mailto:Anaheimandneighborslll@gmail.com">Anaheimandneighborslll@gmail.com</a> to confirm meeting dates</p>
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If you have questions between meetings or need a friendly ear, Leaders are experienced nursing mothers accredited by La Leche League. Please call between 9am and 8pm.

<p><b>South Orange County LLL Leaders:</b>          Jennifer (949) 584-6851          Erin (562) 900-1474          Shamia (949) 661-2905          Liz (949) 370-4072          Sara (415) 810-7706          Cheryl (949) 661-2445</p>	<p>You can reach us by email at <a href="mailto:southoclll@gmail.com">southoclll@gmail.com</a>          Babies, toddlers, and children are welcome at all meetings,          Dads are welcome at evening meetings          All meetings are free to attend at any time. We are a non-profit organization and you can help us continue to provide services to mothers who us by joining LLL. You can easily join on our website at <a href="http://www.southoclll.org">www.southoclll.org</a></p>
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