

# Beyond Birth Lactation Services

Fall 2022 Newsletter



**HAPPY FALL Y'ALL!**

See what's new here at BBLS!

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## **INTERNS!!**



You might see some new faces around the clinic  
this season!

**We have two interns!**

**Chelsie Long** and **Melissa White** are aspiring  
to be IBCLCs and will be joining us to learn the  
ropes and to become competent clinicians!

**Join us for our  
weekly new parent support group!**

***Topics include but are not limited to...***

**Birth Story Sharing • Infant development • Feeding  
Your Whole Family The many “moods” of new  
parenthood • Relationships • Self care**

**We will meet every Wednesday at 10:00am-12pm on  
Zoom (though sometimes we may meet in person  
and that will be TBD by the group).**

**Beginning November 2nd  
Sliding scale fee: \$10-20 per session**

**To register: email [lorraine@beyondbirthlactation.com](mailto:lorraine@beyondbirthlactation.com)**



**Monthly Mindfulness Group**

Are you struggling with the stress from all the things you need to do? Do you feel "on" all the time?

Join us monthly to unwind, sink in and breathe! We explore ways to be more self compassionate and mindful in our daily lives. We inquire into how we can support ourselves more deeply as new parents and as people.

We meet the first Wednesday of every month 630pm-8pm over Zoom  
\$20/session

Interested? Email Lorraine at [lorraine@beyondbirthlactation.com](mailto:lorraine@beyondbirthlactation.com)

**That's all for now! See you soon! You know where to find us...**





We wish you all the very best!

Warmly,

Leslie, Lorraine, Mattea, Teresa, Sejal, Beth, & Monique

[www.beyondbirthlactation.com](http://www.beyondbirthlactation.com)

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