

Breastfeeding Support

JOIN EVEN BEFORE BABY ARRIVES!

Facilitated by

Jenna Henson Marshall, RD, IBCLC
Clinical Dietitian & Lactation Consultant

A virtual meet-up for mothers who breastfeed who desire a sisterhood of support

Join Jenna on **FRIDAYS ~ 10:00 - 11:00AM**

In our meetings, we will:

- Support and encourage each other in the journey of nursing
- Share ideas and concerns around nursing babies, toddlers, or children
- Connect with other moms in the Siskiyou community to parenting sisterhood support
- Allow a safe virtual place free of judgement to openly welcome and foster breastfeeding mom group communication
- Build a community of moms to chat and hangout virtually who breastfeed and seek support
- A seasoned breastfeeding / lactation professional will open discussions and be available for advice and health referrals if moms need individual support
- Provide strategies to nursing concerns via group chat and streaming video in the virtual group

To register, text Jenna for a ZOOM invitation.

Text to: **510-207-8817**

Reach out for individual support and scheduling ~

Please contact Jenna at: Phone: 530.926.8405 | Text: 510.207.8817



Jenna Henson Marshall is an International Board Certified Lactation Consultant, has more than 16 years experience as a Registered Dietitian, and is currently pursuing her MS degree in Nutritional Science through at Arizona State University. She currently works as a clinical dietitian and lactation consultant at Mercy Medical Center Mt. Shasta.