

Bring your baby,  
grab a cookie, &  
join the circle!



# Milk & Cookies Mothers' Circle

Get free expert Postpartum support and Lactation advice at Milk & Cookies Mother's Circle.

Join us for a free lunch. Infant scale for weight checks and childcare for older siblings will be provided. Come relax, meet and connect with other mothers.

No cost to Participants  
Lunch Provided

WHEN: 2nd & 4th Mondays  
Starting Jan. 27, 2025

TIME: 1:00 - 2:30pm

WHERE: Choices Yreka  
409 N Main Street  
Yreka, CA 96097

Group facilitated by Chelsy Marriott who is a doula, perinatal educator, and lactation counselor. She has additional education in perinatal mental health, child development and has four young children of her own.

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