



La Leche League Groups in the Denver/Boulder Area



The La Leche League International mission is: To help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

La Leche League meetings are open discussions where mothers can learn about breastfeeding. Each Group offers a continuing series of four monthly meetings. The discussions are based on the following topics: The Advantages of Breastfeeding, Adjusting to a Newborn, Avoiding Difficulties, and Nutrition & Weaning. All women interested in breastfeeding are welcome, along with their babies. When you call a Leader, she will be able to give you details about a particular Group, such as a schedule of meeting topics and exact meeting location.

Visit La Leche League online www.lalecheleague.org . or call our Breastfeeding Helpline 1-900-448-7475 ext. 65 (\$1.99 per minute, average call 5 minutes)

If calling a Leader on this list, please remember all are volunteers in their homes, and be respectful of the hours you call.

Arvada

King of Kings Lutheran Church
8300 Pomona Drive
1st THURSDAYS 10:00 AM
Tammie 303-426-7889
Rachel 720-479-2895 Grace 303-420-6870

Aurora-Central AM

Burns United Methodist Church
1095 Newark Street
3rd MONDAYS 10:00 AM
Mirjam 303-369-1134 Leah 303-537-2167

Boulder PM

Call for location
2nd WEDNESDAYS 6:30 PM
Kate 303-473-9918 Molly 720-922-3549
Diane 303-444-9849

Denver PM

Whole Foods Market – Community Room
First Ave & Josephine
1st TUESDAYS 7:00 P.M.
Jen 303-477-4154 Mary 303-750-9522
Tanya 303-936-8017 Elizabeth 303-316-9712

Golden

Faith Lutheran Church
16th and Old Golden Road
2nd THURSDAYS 9:30 A.M.
Anne 303-526-1954
Deborah 303-526-1043 Cassandra 720-270-1398

Lafayette

First United Methodist Church
1255 Centaur Village Drive
2nd MONDAYS 9:30 A.M.
Linda 303-499-0680
Jennifer 303-494-4906

Longmont PM

Longmont United Hospital –DaVinci Room
2nd TUESDAYS 7:00 P.M.
Amy 303-684-9305
Margaret 303-485-0385 Kaaren 303-682-9843

West Littleton

Light of the World Church
10306 West Bowles Ave
2nd WEDNESDAYS 10:00 A.M.
Loelle 303-798-2177 Brooke 720-981-2540

Aurora-Southeast AM

Holy Love Lutheran Church
4210 S. Chambers Road
3rd WEDNESDAYS 10:00 AM
Heidi 303-400-9398 Heather 303-284-2015
Carmen 303-918-5054 Melissa 720-207-0358
Jenny 303-317-3066

Aurora-Central PM

Burns United Methodist Church
1095 Newark Street
3rd WEDNESDAYS 6:45 PM
Becky 303-750-3346

Castle Rock

Castle Rock Library
961 Plum Creek Blvd
4th THURSDAY 10 AM
JJ 303-646-5949 Nadezda 303-663-4574
Laura 303-646-3225

Denver South

South Presbyterian Church
1700 S. Grant St.
2nd WEDNESDAYS 10:00 A.M.
Marlene 303-698-0305
Melissa 720-956-1098 Edie 720-936-7755

Highlands Ranch Central

Highlands Ranch Library
9292 Ridgeline Blvd.
4th TUESDAYS 10:30 A.M.
Shawna 303-471-5303 Molly 720-344-2090

Lakewood

Christ on the Mountain Catholic Church
13922 W. Utah
1st FRIDAYS 10:00 A.M.
Tamara 303-922-9850

Northglenn

Northglenn United Methodist Church
106th & Quivas
3rd WEDNESDAY 7:00 P.M.
Marilyn 303-280-9110 Tammie 303-426-7889

Wheatridge

please call for location
3rd MONDAYS 7:30 P.M.
Dorolyn 303-477-4125

Aurora-Southeast PM

Holy Love Lutheran Church
4210 S. Chambers Road
3rd MONDAY 6:45 PM
Heidi 303-400-9398 Heather 303-284-2015
Carmen 303-918-5054 Melissa 720-207-0358
Jenny 303-317-3066

Boulder AM

Call for location
3rd TUESDAYS 10:00 AM
Ann 303-516-0783
Kate 303-473-9918

Conifer/Evergreen

Evergreen Lutheran Church
5980 County Road 73
4th TUESDAYS 10:00 A.M.
Alicia 303-816-4481 Jennie 303-816-0039

Denver Southeast

First Universalist Church
4101 E. Hampden Ave.
3rd THURSDAYS 10:00 A.M.
Lara 303-771-5090 Tanya 303-936-8017
Ursula 303-783-1417

Highlands Ranch/ Centennial

Castlewood Library
6739 S. Uinta
2nd MONDAYS 10:00 A.M.
Pam 303-740-6241 Barb 303-791-4243
Susan 303-730-0722

Longmont AM

Westview Presbyterian / Spirit of Peace Church
1500 Hover Rd
3rd THURSDAYS 9:30 A.M.
Amy 303-684-9305
Margaret 303-485-0385 Kaaren 303-682-9843

Parker

Southeast Christian Church
9650 Jordan Rd.
3rd MONDAY 10:00 A.M.
Renee 303-840-8412 Alice 303-404-9738

La Leche League's handbook, *THE WOMANLY ART OF BREASTFEEDING*, is available from your local Group at a reduced price for members. La Leche League is a non-profit organization and membership is not required for meetings at any time. 08/06