



# La Leche League Willamette Valley

La Leche League Leaders offer practical information and support to all pregnant, lactating and human milk feeding parents through our Facebook group, phone, text, and email.

La Leche League Leaders are experienced breast/chest/human milk feeding parents, trained by LLL International, to offer peer support about normal baby behavior, lactation tips and trouble shooting for common human milk feeding concerns, and general parenting support.



La Leche League Willamette Valley hosts an active private Facebook group for peer-to-peer lactation and human milk feeding support, encouragement and discussion.

[facebook.com/groups/lllwillamettevalley](https://facebook.com/groups/lllwillamettevalley)

## Help is Free!

Contact a local Leader through the  
LLL Willamette Valley Support line at  
971-301-2120 or [lalecheleaguewv@gmail.com](mailto:lalecheleaguewv@gmail.com)



 Find our Public Page at [facebook.com/LLLWillametteValley](https://facebook.com/LLLWillametteValley)