



Bd. Carl Vogt 85 - 1205 Genève  
[www.arcade-sages-femmes.ch](http://www.arcade-sages-femmes.ch)

# The Mamas

*cafe* with Valérie & Christina

This group for English-speaking mums and mums-to-be meets once a month from 1.30 pm to 3.30 pm. A different theme is presented each time by 2 midwives, and you will have the chance to chat with other mums, share informations on parenting and breastfeeding, build confidence for your baby while enjoying tea and cake.

This is a breastfeeding support group but it is also open to mamas who may have breastfeed in the past or who support breastfeeding but have been unable to do so.

## *Dates*

**February 12** : Understanding baby sleep, the first days, months, so many questions we will try to answer

**March 4 - April 11 - May 6 - June 17**

Topics will be announced on  

once a month from 1.30 pm to 3.30 pm  
free and no registration

Avec le soutien de la République et Canton de Genève