person sitting on books working on laptop computer





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<http://www.claresholmfcss.ca>

# Claresholm & Area Home Support Services

Independent Service Providers

person and globe



  

**Mom2Mom Breastfeeding and Postpartum Support Group**

A free peer-guided support group aimed at helping new mothers with common questions and concerns about breastfeeding and the postpartum period. Drop in every other Thursday beginning February 11 2016 at the High River Parent Link Center 1 – 2:30pm. Facebook: Mom2Mom Breastfeeding and Postpartum Support Group.

Email: Mom2momhighriver@gmail.com

La Leche League Canada

Breastfeeding… and so much more!

### Mother-to-mother breastfeeding support

3 Ways to Connect:

* Local mothers groups
* Phone information and help
* www.LLLC.ca

Got a breastfeeding question? Give us a call!

Lethbridge: 403-331-1003

Calgary: 403-242-0277

Email: [ofm@lllc.ca](mailto:ofm@lllc.ca)

To become a member go to [www.LLLC.ca](http://www.LLLC.ca) and click on “Membership”

### Universoul

Cindy Hubka B.N.

Clinical Hypnotherapist

Practitioner of Reiki, NLP, EFT

Phone: 403-625-6314

Email: [cindy.hubka@gmail.com](mailto:cindy.hubka@gmail.com)

  

Housekeeping

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You supply the equipment

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### Foot Care

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