

# Hastings Baby Café

*A free, drop-in center for pregnant and breastfeeding moms*



**Location:** TLC of Hastings  
1125 South Frontage Rd  
Suite 2  
Hastings, MN 55033

**When:** Thursdays 10 a.m. – 12 p.m.

## babycafé

Baby Café offers information and support to help you reach your breastfeeding goals.

**Get answers to your questions in an informal, comfortable setting:**

- I'm pregnant, but what can I expect?
- I'm having a few challenges with breastfeeding, what can I do?
- How can I continue to breastfeed after I go back to work?
- How and when do I start solid foods?
- *Enjoy a free beverage and snack.*
- *Visit with certified lactation staff.*
- *Scale available for weighing your baby.*
- *Support materials available.*

The Baby Café is sponsored by Regina Hospital and TLC of Hastings as a community service and is open to the public.

**Questions?**  
Call the  
Baby Café at  
651-404-1221

**TLC of Hastings**

  
**Allina Health**  
**REGINA  
HOSPITAL**