



# Baby Bistro

Breastfeeding Support Group

*Open to all expecting and nursing moms*

Join area moms to talk to other moms about the joys and challenges of breastfeeding. Meet with a member of our lactation team to get support with breastfeeding, pumping and returning to work. We're here for you on your breastfeeding journey!

**Newly added session at the Downtown Campus with a Spanish interpreter.**

- **First Wednesday of each month: 9-11 a.m.**

St. Joseph Medical Center  
2500 Bernville Road, 2nd Floor, Franciscan Room A  
Reading, PA 19605

- **Second Thursday of each month: Noon-2 p.m.**

Downtown Campus  
145 N. 6th St., Ground Floor, Centering Pregnancy Room #217  
Reading, PA 19601  
*Spanish interpreter available for assistance.*

- **Third Thursday of each month: 4-6 p.m.**

St. Joseph Medical Center or other locations  
\*Please see Facebook page or call/text for meeting location.



**Please RSVP either on the Facebook page or by calling or texting:**

Tara Schmid: 484-955-5524 or  
Ashley Lessman: 610-217-1728

Due to COVID restrictions, only mom and baby allowed. Masks required. Light refreshments and snacks provided.



**Join our Facebook group:**  
Penn State Health St. Joseph  
Baby Bistro



**PennState Health**  
St. Joseph Medical Center