

Feeding with Confidence

Join the Métis Nation of Ontario and Windsor-Essex County Health Unit for our FREE breast/chest feeding class.

You will learn important skills, including:

- How to position your baby
- How to get a good latch
- How to manage your milk supply
- How to assess if your baby is getting enough milk

Support partners and parents with infants are welcome

Register now!

All participants will be entered in for a chance to win raffle prizes

When:

October 29, 2026 at 6:30pm EDT

Where:

Virtually via Zoom

Contact:

Chantal Papineau

Métis Healthy Babies Healthy Children Coordinator

P: 226-759-4162

E: chantalp@metisnation.org

Métis Nation of Ontario

WINDSOR-ESSEX COUNTY HEALTH unit
Bureau de santé de Windsor-comté d'Essex