



Mothers' Milk Bank

**babycafé**

a program of Rocky Mountain Children's Health Foundation

**FOR IMMEDIATE RELEASE**

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**Mothers' Milk Bank opens Baby Café at Staenberg-Loup Jewish Community Center on Wednesday, February 5**

*Free breastfeeding support will be available every week for new and expecting moms*

**DENVER, January 21, 2020** – Breastfeeding is natural, however it doesn't always come naturally for many new moms. According to the Centers for Disease Control, 89 percent of new moms in Colorado initiate breastfeeding, yet only 27 percent are exclusively breastfeeding when their baby is just six months old. Unquestionably, available assistance can make the difference in a woman's ability to provide the best nourishment for her baby.

**Mothers' Milk Bank Baby Café at the Staenberg-Loup Jewish Community Center (JCC Denver) will launch with a grand opening party on Wednesday, February 5, 2020 from 10am-12pm.** The group, which will take place weekly, provides a place where moms can drop in to receive free professional breastfeeding support from an international board certified lactation consultant (IBCLC) and get questions answered.

This free service is a significant initiative to assist moms with reaching their breastfeeding goals while building a network of caring support. All moms, babies, friends and families are invited to attend the grand opening celebration. There will be a ribbon cutting at 10:30 a.m., refreshments, a music class at 10:45 and GroovaRoo demonstrations.

**"Mothers' Milk Bank Baby Café at the Staenberg-Loup Jewish Community Center** will offer a space where parents can get free breastfeeding guidance from a lactation specialist and build community with each other," explained Abby Malman Case, International Board-Certified Lactation Consultant (IBCLC) and manager of donor relations at Mothers' Milk Bank. "Lactation support can often be very expensive, and we want to help ALL parents meet their breastfeeding goals."

"We are excited to officially welcome Mothers' Milk Bank Baby Café to the JCC Denver to expand the support we provide for families in the Denver area," said Rachel Wool, family engagement manager at the JCC Denver. "Through this program, Mothers' Milk Bank will offer free lactation support to attendees and babies can be weighed before and after feeding."

Baby Café provides all pregnant and breastfeeding mothers a friendly and comfortable environment to learn more about breastfeeding. In the Baby Café, mothers drop by to relax, share tips and techniques, and socialize with other moms.

The grand opening coincides with the week of Tu Bishvat. In the Jewish tradition, Tu Bishvat is the "new year of the trees" and it is customary to plant trees in celebration of this holiday. In the spirit of Tu Bishvat, the Jewish community is excited for new beginnings with the opening of the Baby Café, to plant new seeds, and grow roots as a community for new parents. We will be planting a tree in celebration of Tu Bishvat and will also be giving away free planting seed paper for event guests to take home and plant.

After February 5, Baby Café at the JCC Denver will be open every Wednesday from 10-11 am at 350 S. Dahlia Street in Denver. Moms, and dads too, can relax with refreshments; share experiences, tips and techniques; and socialize with others in a child-friendly comfortable space. Everything will be free including weight checks for babies.

**\*\*Media and photo opportunity\*\***

**Date: Wednesday, February 5, 2020**

**Time: 10 am-12 pm**

**Venue: Staenberg-Loup Jewish Community Center, 350 S. Dahlia Street, Denver 80246**

**Photo Opportunity: New parents and their babies, and representatives from Mothers' Milk Bank and the Staenberg-Loup Jewish Community Center cutting the official ribbon to signify the opening of the new Baby Café**

**ABOUT MOTHERS' MILK BANK BABY CAFÉ**

Mothers' Milk Bank was the first milk bank in the nation to open a Baby Café. Baby Café USA is a national network of free breastfeeding drop-ins, combining breastfeeding information with a relaxed, informal environment where moms can chat and learn about breastfeeding from skilled practitioners and each other. There are currently more than 160 Baby Cafés in the United States. [Mothers' Milk Bank Baby Café](#) at the Jewish Community Center is the third to open in Colorado. Baby Café is also hosted every week at Mothers' Milk Bank (Fridays, 11am -1pm) and Hygge Birth Center (Tuesdays, 1-3pm).

**ABOUT STAENBERG-LOUP JEWISH COMMUNITY CENTER**

The [Staenberg – Loup Jewish Community Center](#) (JCC Denver) serves the metro-Denver area through educational, social, cultural, fitness, sports and other programs that are rooted in Jewish values. The JCC Denver's mission is to create a vibrant and inclusive family and social gathering place, guided by these timeless Jewish values. The JCC Denver's four program areas focus on connection, community and well-being and include: a robust fitness, sports, tennis and aquatic center; Early Childhood Engagement, including an Early Learning School and a variety of programs for families; the Mizel Arts and Culture Center which offers JAAMM Fest (Jewish Arts, Authors, Movies & Music), Denver Jewish Film Festival, Wolf Summer Theater Academy and adult art classes; summer camps including Ranch Camp and Camp Shai; Jewish life and learning programs and events, active adult programming like the Grandparent Connect Group, and a new LGBTQ program initiative . The JCC Denver is located at 350 S. Dahlia Street in Denver. For more information, visit [www.jccdenver.org](http://www.jccdenver.org), like us on [Facebook](#) and [Instagram](#) @jccdenver or call (303) 399-2660.