

English and French La Leche League Support in Japan

MEETINGS

A continuing series of informal discussion meetings are offered and are open to all women interested in breastfeeding (pregnant or otherwise). Nursing infants and toddlers are always welcome. Meetings cover such topics as the benefits of breastfeeding, getting started and family adjustments & support, overcoming difficulties, nutrition, and weaning. Enrichment meetings focus on a topic in depth.

Meetings in Hokkaido

La Leche League Wakkanai (English and Japanese)

Meets 2nd Friday of the month, 10:30 am (meetings are conducted in Japanese but an English translation can be made available). Contact RuthAnna for breastfeeding support, meeting information and directions.
webpage: <https://lljapan.org/groupinf.php?gname=wakkanai>

Meetings in Misawa

La Leche League Misawa (English)

Facebook page: <https://www.facebook.com/groups/2086180001629722/>

Meetings in Tokyo

SoleLLL levant (French)

Contact Celia or Joelle for breastfeeding support, meeting information and directions.

La Leche League Tokyo Central (English)

Meets 2nd Friday of the month at 10:00 am. Contact Celia or Stephanie for breastfeeding support, meeting information and directions.

Facebook page: <https://www.facebook.com/LLLTokyoCentral/>

La Leche League Tokyo West (English and Japanese))

Meets 1st Friday of the month at 10:30 am. Contact Danae for breastfeeding support, meeting information and directions.

Facebook page: <https://www.facebook.com/LaLecheLeagueTokyoWest/>

Meetings in Yokosuka

La Leche League Yokosuka (English)

Meets 3rd Thursday of the month from 10:00 am to 12:00 pm, alternating between Yokosuka main base and Ikego. Meetings are open to non-military women as well if contacted 24 hours prior to the meeting. Contact Genny or Nicole for breastfeeding support and meeting information.

Facebook page: <https://www.facebook.com/LaLecheLeagueofYokosuka/>

LEADER CONTACT INFORMATION

La Leche League Leaders have breastfed their own babies and are accredited by La Leche League International (LLLI) having fulfilled LLLI requirements for leadership. For meeting confirmation, information and breastfeeding support, please contact:

Hokkaido Leader contact information:

RuthAnna (English and Japanese)

Tel: 0162-33-5734 or 080-3266-5905 (mobile)

email: ruthannamather@gmail.com or ruthanna@lljapan.org

Misawa Leader contact information:

Virginia (English)

Tel: 080-9331-1893

email: breadstick.bradstock@gmail.com

Nagoya Leader contact information:

Rose (English and French)
Tel: 080-2237-9477
email: scott.rosie@gmail.com

Tokyo Leader contact information:

Celia (English and French)
Tel: 080-4413-1308
email: celia.hughes@yahoo.com

Danae (English and Japanese)
Tel: 090-4539-8608
email: laleche.ichimura@gmail.com

Joelle (French)
email: joelle.tokyo@gmail.com

Nancy (English)
email: nancynakaoka@gmail.com

Stephanie (English)
Tel: 090-9059-6591
email: skwilson88@hotmail.com

Yokosuka Leader contact information:

Genny (English)
email: llgennystiller@gmail.com

Nicolle (English and Tagalog)
Tel: 080-3150-5722
email: LLLnicolleheisserer@gmail.com

FOR INFORMATION IN JAPANESE

La Leche League Japan – NPO 法人ラ・レーチェ・リーグ日本

<https://lljapan.org/>