

| Group | Purpose | Day(s) | Time(s) | Cost | Address | Website | Phone | Sign up required? | Other social media |
|---|---|--------------------------|---------|------------------|---|---|-------------------------------|---|---|
| <i>La Leche League (LLL):</i> | <i>Breastfeeding support & education (BF)</i> | | | FREE | | http://lllflorida.com/lalecheleague/groups/lll-of-greater-orlando/ | | No | FB: La Leche League of Greater Orlando http://lllofgreaterorlando.blogspot.com/2014/04/monthly-meetings.html |
| LLL Downtown Meeting | BF | 1st Wed/month | 10am | FREE | Winnie Palmer Hospital 83 W Miller St., 1st floor classroom | | | No | |
| LLL Casselberry Meeting | BF | 1st Thurs/month | 10:15am | FREE | Seminole Co Library 215 N Oxford Rd Casselberry, 1st floor | | | No | |
| LLL Kissimmee Meeting | BF | 2nd Thurs/month | 10am | FREE | Hart Memorial Central Library 211 E Dakin Ave Kissimmee, Roseada Room (2nd floor) | | | No | |
| LLL Avalon Park Meeting | BF | 2nd Wed/month | 10am | FREE | Avalon Church 13460 Tanja King Blvd Orlando, back door | | | No | |
| LLL Greater Orlando | BF | 3rd Thurs/month | 6pm | FREE | Renaissance Sr Center 3800 S Econlockhatchee Trail Orlando, Urbino Room | | | No | |
| LLL Toddler TaLLk | BF geared towards 12months+ mothers | 4th Tues/month | 10am | FREE | Longwood Elementary Rec Facility 840 Orange Ave Longwood | | | No | |
| LLL "Bellies and Babies" | BF for pregnant and infant mothers | 3rd Fri/month | 10am | FREE | A Center for Women 315 N Wymore Rd Winter Park | | | No | |
| <i>FL Hospital BF Friendship Network:</i> | BF for mothers of infants | | | | | | | | |
| Milky Way Café (Altamonte) | BF | Wednesdays | 12pm | \$8 (inc. lunch) | FL Hospital Altamonte 651 E Altamonte Dr Family Resource Center (next to Dunkin) | Sign up on eventbrite.com and search for Milky Way | (407)303-5405 | No, but discount available if you do | |
| Baby Bunch (Winter Park) | BF | Fridays | 10:30am | \$8 (inc. lunch) | Crosby YMCA Wellness Center 2005 Mizell Ave Winter Park | Sign up on eventbrite.com and search for Baby Bunch | | No, but discount available if you do | FB: Winter Park Hospital Baby Bunch Organizer: Winter Park Memorial Hospital Baby Place Academy |
| Tata Tuesdays (Orlando) | BF | Tuesdays | 12pm | \$8 (inc. lunch) | FL Hospital Orlando 2520 N Orange Ave Suite 103 Orlando | | | No, but discount available if you do | FB: Ta Ta Tuesday Ladies |
| BF Friendship Network (Celebration) | BF | Mondays | 12pm | \$8 (inc. lunch) | FL Hospital Celebration 400 Celebration Place, 1st floor Conference Room | | | No, but discount available if you do | |
| Lactation Consultant Available (For Walk In's) | BF | Mondays | 2-4pm | \$25 | Crosby YMCA Wellness Center 2005 Mizell Ave Winter Park | | (407) 646-7200 | No | |
| Lactation & WIC Consultants List | BF | Online | n/a | | | http://www.breastfeedingproject.org/breastfeeding-support/lactation-specialists | | | |
| Mother Baby T.E.A. | BF up to 8 weeks old | currently unavailable | n/a | \$5 (inc. tea) | Winnie Palmer Hospital | | (321) THEBABY (407)8HEALTH | Yes; call to signup | |
| Lika's Leaking Ladies | BF | Thursdays | 11am | FREE | Tree of Life Birth 819 E 1st St Suite 4 Sanford | www.treeoflifebirthfl.com | (407)878-2757 | Call to confirm | FB: Tree of Life Birth and Gynecology |
| Bosom Buddies | BF | Wednesdays | 10:30am | FREE | Heart 2 Heart Birth Center 1110 Lexington Green Lane Sanford | www.h2hbirthcenter.com/Breastfeeding.html | (407)878-5858 | Call | email: info@h2hbirthcenter.com FB: Bosom Buddies |
| Holistic BF Support Group | BF for new & expecting mothers | 1st & 3rd Fridays | 11am | FREE | 316 Dunlawton Ave Port Orange | http://www.holisticwomenandfamilies.com/ | (386)872-5757 | Call | |

Play & Learn

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| The Music Box Musikgarten | Play & Learn | Tuesdays | 9:30 (018mo) & 10:30am (18m-3y) | 8 wks/\$100 | 1331 Winter Springs Blvd Winter Springs | www.themusicboxinc.com | (407) 505-1611 | Yes | FB: The Music Box |
| Baby Storytime: Maitland Public Library | Play & Learn | Thursdays | 10:30am | FREE | 501 Maitland Ave S. Maitland | http://www.maitlandpubliclibrary.org/ | (407) 647-7700 | No | FB: Maitland Public Library |
| Smarty Pants: Eatonville Branch Library | Play & Learn | Thursdays | 10:15am | FREE | 200 E Kennedy Blvd Maitland | www.kids.ocls.info/programs | (407) 835-7323 | No | |
| Smarty Pants: Edgewater Branch Library | Play & Learn | Mondays | 10:15am | FREE | 5049 Edgewater Dr Orlando | www.kids.ocls.info/programs | (407) 835-7323 | No | |
| Tiny Tales: Orlando Public Library | Play & Learn | Fridays & Saturdays | 9:30am | FREE | 101 E Central Blvd Orlando | www.kids.ocls.info/programs | (407) 835-7323 | No | |
| Tiny Tales: Herdon Branch Library | Play & Learn | Tuesdays | 11:15am | FREE | 4324 E Colonial Dr Orlando | www.kids.ocls.info/programs | (407) 835-7323 | No | |
| Winter Park Public Library | Play & Learn | Multiple | n/a | FREE | 460 E New England Ave Winter Park | www.wppl.org | (407) 623-3300 | No | FB: Winter Park Public Library |
| Mother Goose on the Loose: Seminole County Library Storytime | Play & Learn | Multiple | n/a | FREE | Central (Casselberry), Northwest (Lake Mary), West (Longwood/Wekiva), East (Oviedo), North (Sanford) | www.seminolecountyfl.gov/library/kids | (407) 665-1500 | No | |
| My Gym Maitland (Other locations are in Lake Mary, Waterford, Dr | Play & Learn | Multiple | n/a | Membership | 473 S Orlando Ave Maitland | www.mygym.com/maitland | (321) 214-9363 | Yes | email: Maitland@MyGym.com |
| Harry P. Leu Gardens | Play & Learn | 1st Mon/month | 10am | FREE | 1920 N Forest Ave Orlando | www.leugardens.org | (407) 246-2620 | No | |
| Gymboree Play & Music (Orlando) | Play & Learn | Multiple | n/a | Membership | 5389 Conroy Rd Orlando | https://www.gymboreeclasses.com/en/booker/28884/calendar/ | (407) 366-0032 | Yes | |
| Gymboree Play & Music (Winter Park) | Play & Learn | Multiple | n/a | Membership | 3090 Aloma Ave Winter Park | https://www.gymboreeclasses.com/en/booker/28743/calendar/ | (407) 366-0032 | Yes | |
| Gymboree Play & Music (Waterford Lakes) | Play & Learn | Multiple | n/a | Membership | 448 S Alafaya Trl Suite 3 Orlando | https://www.gymboreeclasses.com/en/booker/28758/calendar/ | (407) 277-2567 | Yes | |
| Amaya Papaya | Play & Learn | M-F | 9:30am-5:30pm | Adults FREE | 3385 S US Hwy 17-92 Ste 269 Casselberry | amayapapaya.com | (407) 339-PLAY | Open Play: No Classes: Yes, register! | email: info@amayapapaya.com |
| Monkey Joes | Play & Learn | Daily | M-Th 10:30-7, Fri 10:30-9, Sat 10-9, Sun 11-7 | <2: FREE | 5471 Lake Howell Rd Winter Park | www.monkeyjoes.com | (407) 478-4000 | No | |
| O2B Kids (Oviedo) | Play & Learn | Tuesdays, Thursdays, Saturdays | 10:15am | >2 \$10.99 \$25 registration; FREE classes | 1175 Oviedo Mall Blvd Space 1005 Oviedo | www.o2bkids.com | (407) 542-8899 | Yes, Register by phone or in person | When asked who referred you, please share my name! |
| Kindermusik @ Amaya Papaya | Play & Learn (This class is 6mo-5yrs) | 3rd Sat/most months | 9am | 1/\$15 2/\$25 3/\$35 | Amaya Papaya | amayapapaya.com | (407) 339-PLAY | Yes | |
| All Kid Spanish | Play & Learn (18mo to 10 yrs) | Multiple | n/a | \$60-80/6 sessions | Multiple | allkidspanish.com | (321) 460-2844 | Yes | FB: All Kidspanish email: info@allkidspanish.com |
| Kindermusik "Village" Class | Play & Learn (0-18mo) | Multiple | n/a | <4 mo FREE >4 mo \$60/mo | Multiple | growandsing.com | (407) 970-2774 | Yes | FB: Grow and Sing Studios |

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| Open Play in Giftedville Gifted University | Play & Learn (1-5yrs) | M-F | 10am-2pm | \$10 | 1348 Tilden Rd St 200 Winter Garden | www.gifteduniversity.org | (407) 877-GIFT | Yes | FB: The Gifted University |
| Gifted Baby Yoga | Play & Learn (6wks-walking) | Tuesdays | 10am | varies | 1348 Tilden Rd St 200 Winter Garden | www.gifteduniversity.org | (407) 877-4438 | Yes | FB: The Gifted University |
| Family Music: Gifted University | Play & Learn (0-3yrs) | Mondays | 1pm | varies | 1348 Tilden Rd St 200 Winter Garden | www.gifteduniversity.org | (407) 877-4438 | Yes | FB: The Gifted University |
| Music for Aardvarks, Mr. Richard (Entertainer) | Play & Learn | Thursdays (+ other events) | 10:30am | FREE | WP Community Center (Thursdays) Misc locations for other events | www.mrrichard.net | (321) 332-4271 | No | FB: Mr. Richard and the Pound Hounds |
| MusikGarten: FPCO | Play & Learn | Multiple | n/a | \$75/11 weeks | First Presbyterian Church of Orlando 106 E Church St Orlando | www.fpco.org/musikgarten | (407) 423-3441 x1186 | Yes | email: srivera@fpco.org |
| Pottery Barn Kids Storytime | Play & Learn | Tuesdays | 11am | FREE | 4200 Conroy Rd Orlando | www.potterybarnkids.com | (407) 352-4510 | No | |
| Central Florida Zoo | Play & Learn (Preschool age) | Wednesdays | 10am | FREE | 3755 NW Hwy 17-92 Sanford | www.centralfloridazoo.org | (407) 323-4450 x123 | No | FB: Central Florida Zoo & Botanical Gardens information@centralfloridazoo.org |
| Shayna's Village: JCC | Play & Learn (0-2yrs includes Baby Rock, Stories & Snuggles, | Multiple | n/a | \$\$\$ | 851 N Maitland Ave Maitland | www.orlandojcc.org/early_childhood/shaynas_village | (407) 645-5933 | Yes | FB: Jewish Community Center of Greater Orlando |
| Open Play: Grammy's Indoor Playground | Play & Learn (0-5yrs) | M-Sat | 9:30am-6pm | <3mo FREE 4-11mo \$6 1-5yr \$10 | 4270 Aloma Ave St 120 Winter Park | grammysindoorplayground.com | (407) 960-1827 | No | |
| Storytime (Grammy's Indoor Playground) | Play & Learn (0-5yrs) | Daily M-Sat | 11am | Included in Admission | 4270 Aloma Ave St 120 Winter Park | grammysindoorplayground.com | (407) 960-1827 | No | |
| Weekly Music & Play Classes (Grammy's Indoor Playground) | Play & Learn (0-5yrs) | Multiple | n/a | Included in Admission | 4270 Aloma Ave St 120 Winter Park | grammysindoorplayground.com | (407) 960-1827 | No | |
| Family Pizza & Movie Night (Grammy's Indoor Playground) | Play & Learn (0-5yrs) | Last Fri/month | 6pm | \$15/child Adults FREE | 4270 Aloma Ave St 120 Winter Park | grammysindoorplayground.com | (407) 960-1827 | Yes | |
| Barnes and Noble Storytime (Altamonte Mall) | Play & Learn (All ages) | Wednesdays Some Saturdays | 10am 11am | FREE | 451 E Altamonte Dr #2317 Altamonte Springs | www.barnesandnoble.com Search store locations & events | (407) 261-0252 | No | |
| Barnes and Noble Storytime (Oviedo Mall) | Play & Learn (All ages) | Thursdays | 11am | FREE | Oviedo Marketplace 1260 Oviedo Marketplace Blvd Oviedo | www.barnesandnoble.com Search store locations & events | (407) 977-5500 | No | |
| Barnes and Noble Storytime (Colonial Plaza) | Play & Learn (All ages) | Saturdays | 11am | FREE | Colonial Plaza Marketcenter 2418 E Colonial Dr Orlando | www.barnesandnoble.com Search store locations & events | (407) 894-6024 | No | |
| Safe Start Swimming | Play & Learn | Multiple | n/a | Email for pricing | Multiple | http://www.safestartusa.org/ | | Yes | email: safestart@cfymca.org |
| Pappy's U-Pick Strawberry & Blueberry Patch | Play & Learn | Varies | n/a | \$2.50/lb | 1650 De Leon St Oviedo | FB only | | | FB: Pappy's Patch U-Pick |
| Good Neighbors Farmers Market & Petting Zoo | Play & Learn | Saturdays | 8am-2pm | FREE | 1101 Lloyds Ln Oviedo | www.goodneighborsmarket.com | FREE | | FB: Good Neighbors Farmers Market |
| Exercise | | | | | | | | | |
| No Excuse Moms Bootcamp | Exercise (all ages welcome!) | Fridays | 10:30am | FREE | Cranes Roost Park | http://www.noexcusemom.com/about/ | | No | No Excuse Mom Orlando |

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| Full Circle Yoga | Exercise: mom & Baby class (Thursdays) and | Thursdays | 11:30am | Intro package 3/\$25 | 972 N Orange Ave Winter Park | www.fullcircleyoga.com | (407) 644-3288 | No | FB: Full Circle Yoga @fullcircleyoga | Insta: |
| Stroller Yoga | Exercise (babies welcome!) | Tuesdays & Thursdays | 10am | 1st class: \$8.75 5 class/\$30 | Blue Jacket Park Playground | www.stolleryoga.org | (407) 276-3478 | Yes | RSVP at Meetup.com Meetup.com/stolleryoga Becca@stolleryoga.org | email: |
| Baby Bootcamp | Exercise (babies welcome!) | Multiple | n/a | 1st class FREE \$55/mo+ | Blue Jacket Park | https://www.babybootcamp.com/fl-orlando.aspx | (407) 721-1102 | Yes | FB: Baby Boot Camp Global kirsten.evans@babybootcamp.com | |

Education

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| Dairy Queens | Education; Online BF Support | n/a | | | | http://dairyqueenstheblog.blogspot.com/ | | n/a | FB: Dairy Queens | |
| KellyMom | Education; Online BF Support | n/a | | | | KellyMom.com | | n/a | | |
| BF Project | Education; Online BF Support | n/a | | | | http://www.breastfeedingproject.org/ /breastfeeding-support/breastfeeding-support-groups | | n/a | FB: The Breastfeeding Project email: info@breastfeedingproject.org | |
| Winnie Palmer Parenting Classes | Education; infant care, BF, prenatal yoga, birth, etc. | Multiple | Multiple | | | http://www.orlandohealth.com/ | (407) 8HEALTH | Yes | | |
| Bootcamp for New Dads | Education (guidance from dads for dads) | Multiple | Multiple | FREE | Multiple (see website) | http://www.healthystartorange.org/bcnd-class-dateslocations.html | (407) 284-8217 | Yes | email: bootcampfornewdads@gmail.com | |
| Lactation Matters Blog | Education; Online BF Support | n/a | n/a | | | Lactationmatters.org | | n/a | | |
| Lactation & WIC Consultants List | BF | Online | n/a | | | http://www.breastfeedingproject.org/ /breastfeeding-support/lactation-specialists | | n/a | | |
| Healthy Start, Coalition of Orange County | Education; Online resource | n/a | n/a | | | http://www.healthystartorange.org/ | (407) 254-6885 | n/a | | |
| Parenting Classes: Healthy Start | Education | Multiple | 10am | FREE | Orange County Health Dept, Training Room 6101 Lake Ellenor Dr Orlando | http://www.healthystartorange.org/ | (407) 254-6885 | n/a | | |
| O-Town Slingers | Babywearing | 2nd Tues/month | 10:30am | FREE | Seminole Co Library 215 N Oxford Rd Casselberry, 1st floor | | | No | FB: O-Town Slingers | |