

La Leche League of Saudi Arabia

La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. La Leche League of Saudi Arabia offers support and information through: Mother-to-mother support, monthly meetings, telephone and email help from experienced Leaders, Lending libraries with books on childbirth, breastfeeding, and related subjects.

Contact information for La Leche League Leaders in Saudi Arabia

- **Jessica (Dhahran)**
within Saudi Arabia: 013-878-5614
outside Saudi Arabia: 966-13-878-5614
- **Julie (Thuwal)**
tel: 056-856-3204
email: lllkaust@gmail.com
- **Krystle (Khobar)**
mobile: 056-424-7009
email: perez.krystle@gmail.com
- **Eveline (Riydah)**
mobile: 054 471 4230
email: eveline.lalecheleague@gmail.com
on Facebook: <https://www.facebook.com/lalecheleagueriyadh/>
Online support group: <https://www.facebook.com/groups/LaLecheLeagueJeddahRiyadh/>

La Leche League Group Meetings in Saudi Arabia

Dhahran Group

Our series of monthly meetings are held at homes in Aramco's Dhahran compound every month except July and August. For information about our group or meetings or for breastfeeding information or support call Jessica or email: llldhsa@gmail.com

Please also check our Facebook page <https://www.facebook.com/LLLDhSA/> for schedule changes and for location information.

KAUST Group

Meetings are usually every first Monday of the month 10 am to 12 pm at the Community Clubhouse in the KAUST compound. No meetings will be held during summer. For more group or meeting information or breastfeeding support you can contact Julie.

Riyadh Group

Monthly meetings are usually held the first Wednesday morning of the month, at various locations. For more information please check <https://www.facebook.com/lalecheleagueriyadh/> or email/call Eveline.