



# Chocolate Milk Cafe - Des Moines Chapter

#itsthemilkforme  @IowaBlackDoula #chocolatemilkdesmoines

The Iowa Black Doula Collective's mission is to open access and provide quality education that centers Black bodies, families, and communities throughout Iowa. We promote holistic and evidence-based care to empower their reproductive health, fertility, birth, and postpartum journeys.

## What is Chocolate Milk Cafe Des Moines?

Chocolate Milk Cafe - Des Moines is part of the Iowa Black Doula Collective's nOURish, a community-led space that supports breastfeeding and providing human milk to infants through systemic change, education, peer-to-peer support, and community outreach for Black families in Iowa.

**Chocolate Milk Cafe - Des Moines is a FREE peer-to-peer support group for families that identify as part of the Black/African Diaspora who is providing human milk to their young.**



## Who Do We Serve?

We serve African-Diaspora/Black-identified Iowa residents, their partners, and support people.

To-be and current parents looking for community support with feeding, milk production, navigating challenges with breastfeeding, and assistance in finding local support are all welcome.

**Due to COVID-19, we are meeting virtually.**

## Certified Facilitators

A Chocolate Milk Café Facilitator is Certified as a Peer to Peer support person responsible for providing a safe space within their community for families who identify as part of the African Diaspora to receive support surrounding breastfeeding, chestfeeding, and the consumption of human milk.

Families also have access to a lactation specialist, international board-certified lactation consultants, and doulas.

## Locations - Des Moines, Coralville/Iowa City/Cedar Rapids, and Davenport

- 1st Thursdays at 7:00 pm to 8:30 pm CST
- 2nd Saturdays at 11:00 am to 12:30 pm CST
- 3rd Wednesday at 12:00 pm to 1:30 pm CST
- Last Sunday at 12:00 pm to 1:30 pm CST

## Support Groups start January 2022 via Zoom

Visit [www.chocolatemilkcafe.com/desmoines](http://www.chocolatemilkcafe.com/desmoines) to register or email at [desmoines@chocolatemilkcafe.com](mailto:desmoines@chocolatemilkcafe.com) to learn more.

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