



Healthworks
Best Start

BREASTFEEDING PEER SUPPORT GROUPS

Free Breastfeeding Peer Support Groups

Our free Breastfeeding Peer Support Groups are for families living in Newcastle, and are relaxed, informal and friendly.

They are a great way to meet other breastfeeding mams, get handy tips and information and are an opportunity to get peer support from one of our members of staff or a volunteer.

Pregnant families are welcome at our groups.

We offer the following weekly Breastfeeding Peer Support Groups:

Monday	Wednesday	Thursday	Friday
10 to 11.30am	1 to 2.30pm	1 to 2.30pm	10 to 11.30am
Health Resource Centre, Adelaide Terrace, Benwell	Charlton Street Hub, Charlton St, Lemington	The Haven Halewood Avenue, Kenton	St Martin's Centre Roman Avenue Byker
NE4 8BE	NE15 8RN	NE3 3RX	NE6 2RJ

For more information, send us a message or call us on 07826531575. You can also pop over to our Breastfeeding Mams Facebook page for ongoing information and support.



Please check the What's On page on the Healthworks website for the most up to date session information
www.healthworksne.org.uk/event

