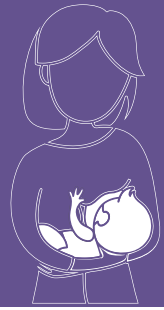


St.Helens Infant Feeding Team

Baby Cafés



Within the local community, we offer a professional and caring approach to supporting mothers and families who wish to begin and continue breastfeeding for as long as they wish.

At our baby cafés:

- Join other breastfeeding mums at our community drop in groups,
- Share your experiences and have your questions answered,
- We work within our community to promote & support breastfeeding, mixed feeding & expressing milk,
- Come and join us for a nice cuppa in a relaxed & friendly environment,
- A chance to sign up for fun activities for you and baby.



yourmilk
Perfect for baby!

For more information, call the Infant Feeding Team on:

0300 300 0103

or: 07919 305 174

visit: www.healthsthelens.co.uk

*calls cost the same as calling a landline, even from a mobile.



St. Helens
Council

The mother of all milks

Pop along to one of our drop-in groups:

Breastfeeding Support Groups in St.Helens		
Rainford Clinic	Higher Lane, Rainford, St.Helens WA11 8AZ	Monday 1.00pm-2.00pm
Sutton Children's Centre	Ellamsbridge Road Sutton, St.Helens WA9 3PY	Tuesday 11.00pm-12.00pm
Moss Bank Children's Centre	Kentmere Avenue, St.Helens WA11 7PQ	Wednesday 11.00am-12.00pm
Central Link Children's Centre	Peter Street St.Helens WA10 1QF	Thursday* 11.30am-12.30pm
Newton-le-Willows Library	Crow Lane East, Newton-le-Willows WA12 9TU	Friday 1.00pm-2.00pm
Central Library	Victoria Square, St.Helens WA10 1DY	Saturday 1.00pm-2.00pm

*Thursday's group is a lactation consultant clinic



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