



## Culm Valley Children's Centre

For more information

Contact Debbie

On

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Action for Children

Culm Valley Children's Centre

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### **Breast Friends**

11.30am-1.00pm

Every Monday

(except bank holidays)  
(feel free to drop in at any  
time)

Please feel free to bring  
along partner and/or  
supportive friend. Older  
children also welcome.

Donations gratefully



## Breast Friends

Join us for a chat and a light lunch. This group relies on donations in order to be able to provide refreshments



## Aims of the group

- \* **Provides opportunities to meet other Mum's who are breastfeeding**
- \* **Provides support for breastfeeding problems**
- \* **Breastfeeding information available**
- \* **Interaction with other babies**



The group is supported by a breastfeeding practitioner and peer supporters  
Justine, Kirsty, Zoe and Michelle  
who are on hand to provide support and reassurance. The group is open to anyone who is giving at least one breastfeed.