

Missing the social side of being a mum?

Join one of our friendly groups for support, information or just a chat with trained Breastfeeding Network volunteers.*

Pregnant, combination feeding, expressing or exclusively breastfeeding - everyone's welcome.

Zoom video peer support groups

- Mondays 10-11am
- Every 2nd Wednesday of the month from 10am
- Fridays from 8pm

NICU families feeding support group via Zoom every 1st and 3rd Wednesday of the month 1-2pm.

Boobs and Banter Wellie Walks every 2nd and 4th Tuesday, arrival 10.15 for 10.30 set off (termtime only).

Full details on how to register can be found in the pinned posts at the top of our private Facebook pages:

@Havant and Waterlooville Breastfeeding Support

@Fareham and Gosport Breastfeeding

@Portsmouth Breastfeeding

or email bfnsouthcoast@breastfeedingnetwork.org.uk for the details.

*groups may be subject to change during school holidays

www.breastfeedingnetwork.org.uk



Ask
me about
breastfeeding

