

Breastfeeding?

meet other mums

information

support



Breastfeeding Cafés

Wednesday 10:30am-12:30pm
Children's Centre
Church Crescent
St Albans, AL3 5JB
Tel: 01727 891100

Thursday 1:30pm-3:00pm
Hemel Breastfeeding Café,
The South Hill Centre,
Cemetery Hill,
Hemel Hempstead, HP1 1JF
Tel: 01442 255882 (Contact: Sarah Mullens)

NCT Breastfeeding Helpline Tel: 0300 330 0771
La Leche League Tel: 0845 120 2918
National Breastfeeding Helpline Tel: 0844 209 0920
<http://uk.groups.yahoo.com/group/Breastfeeding-Watford>

Breastfeeding Support Groups

Tuesday 11:00am-12:30pm
Westfield Children's Centre
Croxley View
Watford, WD18 6NS
Tel: 01923 217366 (Contact: Sue Carfoot)

Wednesday 1:30pm-3.30pm
Berrygrove Children's Centre
Cow Lane
Watford, WD25 9PW
Car parking in Sainsbury's car park
Tel: 01923 217366 (Contact: Sue Carfoot)

West Hertfordshire  in partnership with West Hertfordshire
Hospitals NHS Trust Primary Care Trust