



**You are welcome to attend a friendly,
warm and relaxed peer support group/breastfeeding cafe**

Mondays 10.30-12.00

Alternating between

**The Orchard Children's Centre – Tring
(1st and 3rd Mondays of the month)**

**Little Hands & Feet Children's Centres, Berkhamsted
(2nd and 4th Mondays of the month as part of the weekly under 1s group)**

No need to book, just pop in and see us

Any enquiries call Melissa on 07792035353

or contact the Children's Centres direct

Little Hands and Feet Children's Centre
Lagley Hall
Douglas Gardens
Berkhamsted
HP4 3PE

01442 385152

Orchard Children's Centre
Dundale Primary School
Silk Mill Way
Tring
Herts, HP23 5DJ

01442 426922