

# Group-based Breastfeeding Support



We are starting new breastfeeding groups in A Better Start areas in Southend!

Whether you have just had your baby, are pregnant and are thinking of breastfeeding, or if you are breastfeeding your toddler, you are very welcome at our friendly groups.

**FREE**  
**groups**  
**for mothers &**  
**0-3 year olds**  
**in Better Start**  
**areas**

It will be a chance to chat to other mums, ask our qualified breastfeeding supporters any questions you might have, enjoy a cup of tea or coffee, and be part of a warm and friendly community.

**Check if you are in a Better Start area:**  
[www.abetterstartsouthend.co.uk/locations](http://www.abetterstartsouthend.co.uk/locations)

**Partners,  
friends &  
grandparents  
welcome too!**

## Come and join us!

We have several FREE weekly sessions:

- ★ **Mondays 11am-1pm** at Southend YMCA Eco Hub, 2a St John's Road, Westcliff, SS0 7JZ (Starting 16th April)
- ★ **Wednesdays 9.30-11.30am** at Family Storehouse, Coleman Street, SS2 5AW (Starting 18th April)
- ★ **Thursdays 10am-12noon** at Milton Community Partnership, St Mark's Church, Princes Street, SS1 1QA (Starting 5th April)
- ★ **Thursdays 1-2.30pm** at Friars Children's Centre, Shoebury SS3 9XX (Starting 19th April)

For more information contact:  
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