



Find us on...



## Breastfeeding Support

### When?

**Every Monday**

(check school holidays)

### What time?

**12pm-2pm**

### Where?

**Hornchurch Library**

**(buggy and wheelchair  
accessible)**

### When?

**Every Friday**

(check school holidays)

### What time?

**12pm-2pm**

### Where?

**The Hub, Harold Wood**

**(free parking, buggy and  
wheelchair accessible)**

**Our sessions are run by trained breastfeeding supporters.**

**We aim to supply information and support to enable women to  
achieve their breastfeeding goals, whatever they are.**

**They are also a place to socialise and share experiences.**

**Partners and children of all ages welcome.**

**Registered charity no. 1157869**